

north coast

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the journal

OF POLITICS, PEOPLE AND ART

The Cancer Collaboration

How Ellen Mahoney's
quest for quality cancer care
is bringing Stanford to Humboldt

By Heidi Walters

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Timber Words

Editor:

Last week's front page "Red Gold and Greenwashing" (Jan. 16) did a great job fuzzwashing Green Diamond's obsession with short-term profits at the expense of the local ecology, economy and the fight against global climate change.

With absolutely no mention of the last five-and-a-half years of tree-sitting that has challenged and exposed Green Diamond's devastating logging practices, and only the most token coverage of the two environmentalists you did speak with, this article is one of the most harshly biased you have ever printed.

It's also not entirely accurate. Neal Ewald's figure of 15 acres per average clearcut is misleading. In 2012, Green Diamond planned to cut an average of 20 acres per unit — which is 100 acres per plan. These clearcuts are often located so close to one another, there's only a thin "beauty strip" of trees separating them. Viewing these checkerboard clearcuts from above is the best way to appreciate the enormous scars Green Diamond leaves on our landscape.

The article also makes no mention of Green Diamond's unique opportunity to combat global climate change. Redwoods sequester more carbon dioxide than any other tree; clearcutting releases much of this stored carbon dioxide. Green Diamond, as the largest redwood forest owner in California, has a responsibility to take aggressive action against climate change, above and beyond FSC standards.

It seems that Ms. Stansberry likes to hike out to clearcuts. If you contact the tree-sitters in Trinidad, they will be happy to show you some very "unfuzzy" clearcuts that bear little resemblance to the slash piles Neal Ewald is so proud of.

Amanda Tierney, Eureka

Editor:

There are no timber wars here in upper Elk River. We are residents standing up for our right to live in our homes and use our property as we historically have. Elk River is and has been for over 100 years our only source of water for drinking, washing, gardening and farming. Logging has dumped so much sediment into the river that all those basic aspects of our lives are either threatened or destroyed. Furthermore, flooding has

increased tenfold already. No one should praise Humboldt Redwood Company's logging as "green" or "good" in Elk River. The ongoing industrial logging certainly victimizes the residents even more. It is not "green," "good," "sustainable" or healthy for those of us with homes and farms in upper Elk River.

It is easy for the environmental community to laud HRC's logging practices because they ignore the disaster created by Maxxam. They are not looking at the steady increase of silt on our property, now nearly five feet deep and increasing every year. They are not examining the further damaging effects of logging on water, fish, people and property against the backdrop of the severely degraded condition that already exists in upper Elk River. Good logging practices do not make logging good.

HRC likes to say that their present logging is not causing harm; it is all that "legacy" logging. First that is not true both by personal eyewitness experience and by thorough scientific analysis. Second, even if it were true, what would it matter? The state and the logging companies need to look at the monumental harm already caused by logging; stop creating more; recover water quality and restore all the essential beneficial uses of water in Elk River; and make the residents' lives and

continued on next page ►

Sonido de la Luz

Remembering Pablo

He understood. Each of us is a pulse of sound, scrap of cadence, shaky rhythm doubting itself, random song sputtering along in the redwood duff. What he did was listen to himself. Who does that?

He rapped and rattled, playing it all out, sending himself ahead of himself.

Among the waves glittering, chewing away cliffs off Trinidad, a thrumming, a ringing, currents of sound, water, light.

If you close your eyes, someone might hear you singing.

— Kimberley Pittman-Schulz

*Title translation: Sound of Light

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property safe. Then and only then add logging, slowly, very slowly.

There is much more that needs to be heard and heeded for the residents in upper Elk River valley to get their lives back. We are willing and ready to help and have been for 20 years.

Kristi Wrigley, Eureka

Editor:

"Red Gold and Greenwashing" included misleading, factually incorrect characterizations of the Sustainable Forestry Initiative (SFI). Speaking as the Senior Vice President of Customer Affairs for the Sustainable Forestry Initiative, allow me to set the record straight.

SFI is a nonprofit organization managed by an independent board of directors with equal representation from the economic, environmental and social sectors. Our program is widely supported by academic foresters, conservation groups, state foresters, indigenous groups, labor leaders, U.S. and Canadian government agencies and community organizations in the U.S., Canada and internationally. The science-based SFI standard is developed through an open, transparent process that includes public comment periods and workshops through which everyone is welcome to participate.

The SFI standard promotes responsible forest management on more than 240 million acres of land across North America and in myriad other ways, including support of conservation research, logger training and community groups. Only by working together with everyone who cares about the future of our forests can we ensure that they will be healthy and thriving for generations to come.

Jason Metnick, Washington, D.C.

Editor:

After reading "Red Gold and Greenwashing," I had the feeling that the author did not know a great deal about the subject.

Showing Ewald hugging a 32-year-old tree and claiming "it's just cranking out heartwood" was disgusting and it would seem that the author does not know that tree has no heartwood. Green Diamond is logging 40- to 60-year-old trees that have nothing in the way of heartwood and the Headwaters Fund, at the behest of County Economic Development, pissed out \$175,000 for ads for Green Diamond and California Redwoods to sell their worthless wood for decking. That was not mentioned in the article. The Headwaters Fund giving money to a large business that

is making plenty off of local natural resources and the economic development agency bringing that about is a serious issue in this county. It speaks to who the county answers to and backs and it demonstrates the lack of original and forward thinking we need in the area of economic development. The time for backing continued diminishment of natural resources is long past.

If Tim McKay were still alive I hate to think what he would think about Dan Ehresmans' statements. The only statement with any real worth was from Scott Greacen.

There were no less than nine pictures with the article but not one of them was an aerial view of Green Diamond land that shows the true picture of their practices, although the author notes that EPIC had many such pictures taken. I have to wonder why Rob DiPerna was not interviewed since he is the "forestry guy" for EPIC.

The article on the whole was mushy; it was hard, if not impossible, to come away with a clear idea of the pros and cons of the Forest Stewardship Council and the certification issue should have been one of the most important issues discussed. In addition there was no mention of the ongoing battles with Green Diamond such as the Strawberry Rock issue.

All in all, a great disappointment that an issue of such import was handled in the way that it was.

Sylvia De Rooy, Eureka

Kinder Words

Editor:

I read the letter from Mr. Cortez, ("Mailbox," Jan. 9) and while I respect his right to express his feelings, I feel compelled to explain that not all black people use the N word. Mr. Cortez, have you met someone from another country? Be assured that this word is not universal. And as

ANNALS OF Never thought I'd hear it...



CARTOON BY JOEL MIELKE

for those rappers who use it, there is and has been a movement to get them to not use the N, B or any lyrics that demean. This has been going on for a long time. I have never subscribed to the term PC. I do, however, feel that it is way past time for some common courtesy.

Madi Simmons, McKinleyville

Correction

Last week's cover "Red Gold and Greenwashing" contained an error. Humboldt County produced 220,000 MBF (1 MBF = 1,000 board feet) — more than 200 million board feet — in 2012.

●

Comment of the Week

"I want to be an inventress!!!"

— Kelly Huber commenting on unique fashion posted on the Journal's Facebook page.

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Ellen Mahoney, breast cancer researcher and surgeon. Photo by Heidi Walters.

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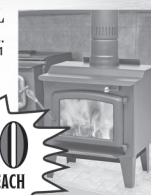


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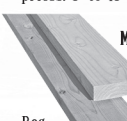
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Defending Singleton

Last month I ate at a restaurant in the French town where Van Gogh once lopped off part of his ear. The bathroom was so small, I could barely squeeze through the door. "This," I thought, "is what it is like without the Americans With Disabilities Act." That's the law most people equate with public bathrooms bigger than the bedroom I once had in Manhattan. The changes the ADA brought about here will soon work their way through Europe, because of the United Nations' Convention on the Rights of Persons with Disabilities, an international treaty based on the ADA. To date, 125 countries have signed on. In 2012, the United States Senate voted down ratification. Last month, former Senate leader Bob Dole rolled himself onto the floor of the Senate in a wheelchair to plead for passage, but the top Republican on the Senate Committee on Foreign Relations announced Dec. 20 he would still oppose it.

I've been out of the country. But I still followed in our local news media the ruckus Eureka attorney Jason Singleton raised by going after local businesses for failure to comply with the ADA. Porter Street Barbecue in Arcata closed after Singleton filed suit against the restaurant for failure to provide adequate access for people with disabilities. The restaurant argued that it could barely survive as it was and it couldn't afford the upgrades needed to comply. The news media painted Singleton as Public Enemy No. 1 and treated the loss of the restaurant as a tragic event.

That reminded me of a man I once knew. In my late teens I worked in my dad's take-out deli in New York. Once a week, I'd fill a bag with cooked foods and assorted groceries and take it two blocks to a customer who lived on the second floor of a building with no elevator. He was a war veteran who couldn't walk. He never left his apartment. How could he? Even if he had an elevator in that building, sidewalks had no cut curbs. Many of the stores in that neighborhood had doors too thin for wheelchairs. That was before the ADA.

Without the force of the law, cities had no incentive to provide access for disabled people, who made up too small a portion of the voting bloc to matter. Without the law, businesses would find upgrades for disabled access an unnecessary cost. Really, how many people in wheelchairs ever went to them anyway?

There's the Catch-22. If I can't get through your door, I won't come to your business. If your city is inaccessible to me, I won't live there unless forced to. An inaccessible business will likely have few, if any, disabled customers. A city without sufficient access will have few disabled residents. But do you want to live in a place unfriendly to disabled people?

That's the question I didn't see asked when I read the numerous articles about Jason Singleton. In a *Times-Standard* editorial Dec. 22 I learned that he had filed 259 ADA lawsuits against businesses since 2005. It acknowledged that those businesses should have complied with the law.

But what about the businesses that can't, it asked. Or those which get the required local and state permits to operate and still get hit with a lawsuit for non-compliance of the ADA? The *T-S* said that the ADA was not designed to be used as an extortionist's cudgel.

But it was designed so that private citizens could take on the task of enforcement that local governments would not be able to or be willing to do. If our local governments more strictly enforced the ADA requirements when they first issued business and building permits, Singleton would have a more difficult time finding businesses to sue. Judges would be more likely to dismiss these cases summarily. When local and state governments do not enforce, the law empowers private citizens — through lawyers — to take on the enforcement themselves.

However much you find such lawyers to be obnoxious, without enforcement of this kind of law, many businesses would not spend the extra money needed to make their businesses accessible. And without it we would have a community that does not welcome people with disabilities.

If you, reading this article now, have legs and arms that work and eyes that see and ears that hear, how sure are you that you will still have them next year or the year after or the year after that? Or that your spouse or child or parent will remain able-bodied?

It is sad when a business closes because it can't afford to comply with a law like

the ADA. But isn't lax enforcement of the law unfair to those businesses that do comply?

As the daughter of a small businessman, I know there are costs to doing business. If a business can't handle those costs, it shouldn't be in business. It would be nice to have more businesses in our community and more jobs. It would also be nice to know that when I need a cane or a wheelchair, I won't have to leave Humboldt to find a more accommodating place to live or wheel myself from one business to another pleading with them to make their business accessible. That's what my government is supposed to do for me. And when it doesn't, I'm glad there are people like Jason Singleton who will take on the task. I won't begrudge him the money he makes doing it.

●
— Marcy Burstiner

mib3@humboldt.edu

Marcy Burstiner is chair of the Department of Journalism and Mass Communication at Humboldt State University. She has been away since August. But she is back. If you want to comment on this story or let her know of some media coverage or issue you'd like her to look into, email her.



Food for People sends a big shout of thanks to the North Coast Journal and Journal readers for their generosity this holiday season. Our 14 programs depend upon community support in order to provide nutritious food to school children from struggling families, neighbors coping with disabilities, seniors living on fixed incomes and hard-working families in need of help. Last year, Food for People distributed 2.1 million pounds of food (one third of which was fresh produce!) Your support helps us work towards a healthier Humboldt County.

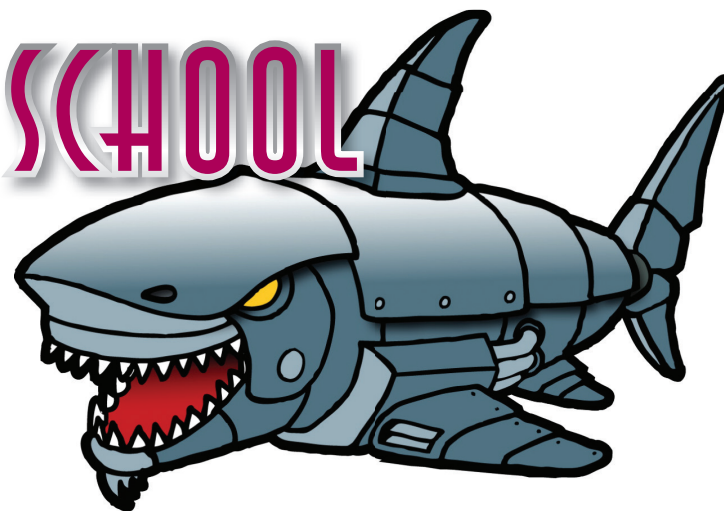


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News



MURL HARPHAM FILE PHOTO

End of an Era

EPD's Murl Harpham hangs up his badge after 56 years in the job

By Thadeus Greenson

thad@northcoastjournal.com

For the first time in 56 years, Eureka officers are policing the streets without Murl Harpham in their ranks.

"It's really the end of an era for the department," said Mayor Frank Jager, marveling at Harpham's career, which spanned six decades before he officially retired as a captain on Jan. 15.

Harpham started with the department as a bushy-tailed 22-year-old on June 15, 1957. For those keeping track, that was the same year the Soviet Union launched Sputnik to ignite the space race and a year before the advent of Legos. Closer to home, it was two years before the Humboldt County Courthouse was built and seven years before the founding of College of the Redwoods.

It's kind of wild to think about how much the world has changed as Harpham has policed Eureka, Jager mused, noting that when he started with the department in 1971, Harpham was already a sergeant there. At that time, officers did

without radios and cell phones, and typed their reports on carbon paper so they could send a copy off to the district attorney's office and keep another for their records. "He was a real mentor to all the officers that came on at that time," Jager recalled. "He just kind of had that macho police officer presence about him, and he was a good sergeant."

That "macho police officer presence" has also helped render Harpham a somewhat controversial figure in Eureka. In 2007, a then interim Chief Harpham infamously declared that methamphetamine was "turning our community into a hellhole," a comment that drew ire from various circles. More recently, he was alleged to have played a leadership role in EPD's insurrection against former Chief Garr Nielsen, during which officers reportedly put Nielsen under surveillance and started a salacious blog spilling inner departmental turmoil into public view. Harpham also oversaw EPD's controversially heavy-handed response to the Oc-



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cupy Eureka protests on the courthouse lawn. In a sense, at least in recent years, Harpham has become a polarizing figure — loved by some and vilified by others.

But Harpham has unquestionably been a constant and stabilizing force at EPD throughout the years and, renowned for his upbeat nature, he has stepped in to serve as the department's chief on four separate occasions, most recently after Nielsen's firing in 2011 when Harpham became the oldest acting police chief in the state. Current EPD Chief Andrew Mills said Harpham's devotion to the job is simply exceptional. "He's been here six decades, which is just a tremendous amount of time and stamina," Mills said. "On top of that, any time the city has asked him to step up to the plate and be acting chief, he's done it willingly. I mean, talk about commitment."

Born and raised near Everett, Wash., Harpham came to the area on a football scholarship to play end and defensive back at Humboldt State University. After taking some journalism classes in school, Harpham landed a job as a cub reporter at the *Humboldt Times* and wound up on the cop beat. One day, the chief of police told him he could make a good deal more money doing police work than just writing about it. Harpham decided to give it a try. Fifty-six years later, he said he doesn't remember how to do much else.

Reached on his last day on the job, Harpham said retirement hadn't quite sunk in, saying "it feels like any other day." He said he hasn't quite figured out what's next. "I haven't really thought that long ahead. I've done this for so long, I don't know anything else. I've done this for almost 57 years. If I live to be 114, I would have still put half my life into this police department."

Though Harpham is still working to figure exactly what the next phase in his life will look like, at least part of it will be familiar, as he's been asked to work a handful of hours a week at EPD coordinating the department's efforts to recruit volunteers to help with records, do crime prevention trainings and other things to help the stretched department make the most of its resources. "He has so many people in town that know him and love him, I'm going to use that relational power to seek out volunteers for the department," Mills said.

Mills said he's hopeful the arrangement will provide a maximum return on a minimal investment for the department, and that Harpham will also be able to spruce up the department's volunteer patrols. But, the chief said, it's a new arrangement and both sides will have to see

how it goes, with either free to walk away if it doesn't turn out to their liking. For his part, Harpham said he's happy to give it a go and to stay involved with the department in some way.

Looking back on his 56 years of policing, Harpham said it's been a good ride, chuckling as he remembered his first day, when then-chief Cedric Emenhiser handed him a penal code and a municipal code, telling him to study up before he'd let him out of the station. Asked about his proudest moment, Harpham said there's too much to sift through — the baby he delivered in the back of his patrol car, the rape-in-progress he busted up, the armed robbers he caught in the act. "Having been there so long, some of those things were bound to happen," he added. Harpham's legacy will also continue after his departure, as his son, Ron Harpham, is a senior detective at EPD (another son, former EPD officer Rocky Harpham, is a lieutenant with the Anderson Police Department).

As one might imagine, Harpham's amassed a virtual arsenal of stories over the years, some of which he's captured on his website, www.murlharpham.com. The site, which is updated regularly, features a host of police tales of old times in Old Town from days when bars filled with lumberjacks and prostitutes lined Second Street. The site also includes some other gems, like a history of EPD and a video tribute from actor Ed O'Neill (best known for his starring role in the television show *Married with Children*) serenading Harpham on his 40th anniversary with EPD.

Shortly before an EPD potluck held on Harpham's last day, Mills said he's learned a lot from the old timer since taking over the chief's position a few months ago. Most importantly, Mills said, Harpham has helped him navigate his transition from the world of big-city San Diego to small-town Eureka. "I think the main way Murl has been helpful to me is bringing context to things, and helping me understand the interconnectedness of the city," Mills said, noting that navigating the web of relationships in Humboldt can be tricky. "Plus, he's such a down-home, folksy kind of guy that can really communicate with people and talk with people. That's been helpful."

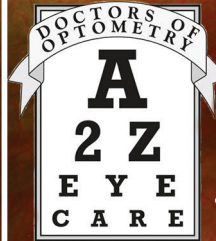
Jager confessed that he worries retirement might be a tough transition for Harpham, who's lived in law enforcement for more than a half century. "This is going to be a tremendous change for Murl and I hope he does OK," the mayor said, before again dubbing Harpham's retirement the end of an era for EPD. "Murl has always been there. It's a big change." ●

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THE WEEK IN WEED

A High Endorsement

By Thadeus Greenson

thad@northcoastjournal.com

Pot talk reached a fever pitch in the nation's capital this week, culminating with President Barack Obama taking his strongest stance since taking office, saying in an interview released in the upcoming issue of the *New Yorker* that he thinks marijuana is no more harmful than cigarettes or alcohol and that he supports state legalization efforts in Washington and Colorado.

"As has been well-documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life," a now presumably nicotine-free Obama told *New Yorker* Editor David Remnick. "I don't think it is more dangerous than alcohol." In the interview, Obama takes on what many see as the proverbial elephant in the room of the marijuana prohibition conversation — the fact that poor people and minorities are disproportionately locked up for marijuana-related offenses, despite using the drug at rates similar to their counterparts. Obama cited such discrepancies in the criminal justice system as his reason for supporting legalization efforts in Colorado and Washington, saying "it's important for it to go forward because it's important for society not to have a situation in which a large portion of people have at one time or another broken the law and only a select few get punished."

But Obama stops far short of declaring pot harmless and says he has personally warned his daughters against smoking the stuff.

News of Obama's *New Yorker* comments broke just days after Senate Majority Leader Harry Reid, D-Nev., told the *Las Vegas Sun* he'd come around to supporting medical marijuana, reversing years of opposition. Reid said he's seen enough evidence of potential medical benefits to believe Nevada voters did the right thing in 2000 when they legalized the drug's medical use in the state. But

all the news coming out of Washington, D.C., wasn't so pot friendly. U.S. Drug Enforcement Agency Chief of Operations James Capra told law makers during a Senate hearing Jan. 15 that decriminalizing pot is "reckless and irresponsible," claiming the legalization experiment has failed in every part of the world where it has been tried, "time and time again." Capra's comments were quickly trumped in a fickle news cycle with word that one of his agents, Patrick Moen, was quitting his job to take one with Seattle's Privateer Holdings, a private equity firm specializing in marijuana industry holdings.

Elsewhere:

- Children became the focal point of much of the medical marijuana debate this week. CNN reported on the battle surrounding 3-year-old Landon Riddle, whose acute lymphocytic leukemia is in remission after his mother started treating him with medical marijuana. Mom credits marijuana with the near miraculous turnaround, but doctors and others aren't so sure. Meanwhile, NPR reported on a Florida bill seeking to allow children suffering from severe seizure disorders to be treated with medical marijuana based on claims that a particular strain of weed — Charlotte's Web — is akin to a miracle drug.
- The marijuana movement — medicinal or recreational — is also claiming some unwitting victims. NBC News reported Jan. 21 that calls reporting pet poisonings by marijuana have increased about 30 percent since 2009, according to the Animal Poison Control Center. Officials attributed the increase to pets getting into their owners' stashes, eating their edibles and even drinking their bong water. The issue is no laughing matter, vets say, as dogs overdosing on pot can go into comas and die. Despite the increase in pot-related dog poisonings, the ASPCA still reports chocolate as the most common toxin consumed by canines. ●

BLOG JAMMIN'



CRIME / BY GRANT SCOTT-GOFORTH /
TUESDAY, JAN. 21 AT 2:51 P.M.

Billboard Butcher Caught on Camera!

The image of the vandal responsible for the third billboard toppling this month was captured earlier this week on a camera installed by a now thrice-bitten local sign management company.

Peeved by the nighttime saw-wielding maniac's previous crimes and anticipating further demolition, All Points Signs installed infrared wildlife cameras on a sign west of Highway 101 and 200 yards north of Bayside Cutoff. Overnight Sunday, the camera caught the chilling image above — a birds-eye shot of a hooded saboteur sinking the teeth of a Sawzall into a CBS Outdoor-owned billboard. A Sheriff's Office investigation of the \$20,000 vandalism began the next morning.

But, despite the sign company's efforts, not much can be gleaned from the video. It "appears to be a male," the Sheriff's Office reports, acting alone (or at least approaching the sign alone), who "appeared to be in possession of a hammer and a battery powered saw." Because the camera is infrared, the color of the dismantler's clothing can't even be determined. The video watermark clocks the crime at 12:41 a.m., but it's unclear if that's even accurate, as the camera's date stamp is waaay off. The criminal investigation continues, as does the dispute over who owns the property that the signs sit on.

COURTS / POSTED GRANT SCOTT-GOFORTH / TUESDAY, JAN. 21 AT 12:51 P.M.

Bullock Will Stand Trial for Murder

A Humboldt County judge ruled today there was enough evidence to hold Gary Lee Bullock to answer for the New Year's Day torture and killing of St. Bernard's Pastor Eric Freed.

Bullock will be held to answer for vehicle theft and attempted arson charges as well, stemming from an alleged attempt to burn Freed's body and the church rectory where

Freed lived, according to the *Times-Standard* and *Lost Coast Outpost*. Bullock is scheduled to be re-arraigned on Feb. 5.

ENVIRONMENT / BY JENNIFER SAVAGE /
THURSDAY, JAN. 16 AT 5:07 P.M.

NPR on Owl Shootings

Remember "Shooting Owls," (Sept. 1, 2011) Zach St. George's award-winning story detailing the spotted owls vs. barred owls dilemma? Killing owls to save owls?

NPR covered similar ground today on All Things Considered:

In desperation to save the rare northern spotted owl, biologists are doing something that goes against their core — shooting another owl that's rapidly taking over spotted owl territory across the northwest.

New to the story, advocacy group Friends of Animals is suing to stop the killing. Visit www.northcoastjournal.com/blogjammin for a link to the NPR story.

CRIME / BY LINDA STANSBERRY /
WEDNESDAY, JAN. 15 AT 3:00 P.M.

Old Town Robber Arrested

Old Town businesses are breathing a little easier after Eureka Police reported arresting a woman Tuesday night they believe may be responsible for a string of robberies.

"My hope is that the rough start to 2014 is coming to a close and we can all move forward in more positive ways from here," said Astra Burke, owner of the recently robbed Many Hands Gallery.

After being sighted multiple times in the Old Town area in the last couple of weeks, Judy Lynn Long was arrested Tuesday on suspicion of robbing Many Hands Gallery on Jan. 11 and Belle Starr, a nearby clothing store, on Jan. 9. Police have also named Long as a person of interest in a third armed robbery, of the Old Town store Gypsy Sisters on Dec. 22.

Old Town business employees had come to be on the lookout for Long, who makes a striking figure. She is easily identifiable as a short-statured woman, standing 5 feet, 2 inches tall, and is missing both eyebrows and most of her teeth. In all three robberies, the suspect followed a similar modus operandi: waiting until evening when foot traffic had slowed and employees were alone in the store, before piling multiple items on the counter as though to make a purchase, only to brandish a weapon and demand all the money in the register.

In the case of the Gypsy Sisters robbery, the suspect drew a knife on store employee Kristen Miller.

"Seriously, are you robbing me right now?" Miller remembers saying to the

continued on next page ►

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BLOG JAMMIN'

continued from previous page

woman. Initially she says she considered fighting back but decided to follow protocol and handed over the contents of the cash register. The woman also stole what Miller reports to have been \$300-\$400 worth of clothing.

Unsatisfied with the responding officer's progress on the case, Miller said she took it upon herself to visit neighboring businesses and give them a description of the robber, whom she feels certain was Long. Miller was out of town for the holidays when the owner of Shipwreck, on Third Street, detained a woman matching Long's description and called the police. An officer came and took photos but did not make an arrest.

Following the robberies, many business owners began taking precautions to protect their employees. Gypsy Sisters moved their closing hours to 5 p.m., the same time as neighboring Coco Cuvee, so that employees at the two stores could watch out for one another. Jennifer Grisso, a barista at Old Town Coffee and Chocolates, began carrying mace. She and other employees at the cafe say that they, too, had seen a woman matching Long's description in the neighborhood.

HEALTH / BY THADEUS GREENSON /
WEDNESDAY, JAN. 15 AT 1:51 P.M.

H1N1 Claims Local Man

A local man died in a Humboldt County hospital from H1N1 influenza related complications, the Humboldt County Department of Health and Human Services confirmed today.

The man — who has not been identified but officials say was in his 60s — died Jan. 13 and also had underlying health conditions, according to a county press release.

"Our thoughts are with his family and friends at this time," Humboldt County Health Officer Donald Baird said in the release, adding that officials would not be releasing additional information in an attempt to protect the man's privacy.

H1N1 is the same strain associated with the 2009 flu pandemic, and Baird warns that this local man's death should serve as a reminder that H1N1 has the potential to cause serious illness across all age groups, even to individuals generally in good health.

Local officials are urging folks to get their flu shots, and the Humboldt County Department of Health and Human Services is hosting a series of walk-up vaccination

clinics this month. Find more details at www.northcoastjournal.com/blogjammin.

FOOD / BY DEV RICHARDS /
WEDNESDAY, JAN. 15 AT 9:30 A.M.

Fieri Episode To Air

Maybe you remember when Guy Fieri was here back at the end of November 2013? Maybe you even caught a glimpse of his gelled hair as it passed by in a convertible. Or, maybe you caught Jennifer Fumiko Cahill's interview with Fieri in this fine publication ("Fieri in the Belly," Nov. 28).

Fieri wasn't just here to lobby for the hair bleach industry, though his efforts were admirable. Fieri was here to film a local episode of his Food Network show *Diners, Drive-Ins and Dives*.

Since November, the footage Fieri shot has been chopped up, seasoned and edited for airtime. The episode is set to air on Feb. 7 on the Food Network. You'll have to check with your television provider for specific showtimes (you dish owners and your East Coast show times), but more information on the episode can be found at Fieri's website.



MUSICIAN, MODEL, DANCER, ARTIST AND FASHION INVENTRESS LILITH, SPOTTED IN OLD TOWN, SAYS SHE "TRIES TO DO SOMETHING DIFFERENT EVERY DAY." AND SHE'S NOT AFRAID TO BE OUTRAGEOUS — OPEN TOE SHOES IN JANUARY! — PHOTO BY JENNIFER FUMIKO CAHILL

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Around Humboldt County Photos by Bob Doran

▶ A GOOD GUY IN A WHITE HAT, "PEEPING" **THOMAS GAI**, SWINGS HIS PARTNER TO WHITEY MORGAN AND THE 78'S AT HUMBOLDT BREWS.



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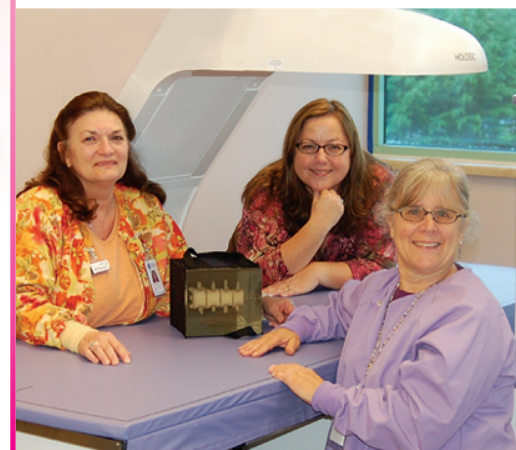
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The Cancer Collaboration

How Ellen Mahoney's quest for quality cancer care is bringing Stanford to Humboldt

By Heidi Walters

IN THIS DINING ROOM IN BAYSIDE, ELLEN MAHONEY AND HER FELLOW CANCER CARE DOCS ATE MEALS THEY COOKED TOGETHER WHILE DREAMING UP A BETTER PROGRAM FOR CANCER CARE IN HUMBOLDT. PHOTO BY HEIDI WALTERS

One Sunday evening a couple of Januarys ago, several Humboldt County cancer doctors got together for dinner at a home high atop a hill in Bayside. Ellen Mahoney, a renowned breast cancer researcher and surgeon, lives there with her husband, Luther Cobb, a general and thoracic surgeon. Mahoney pulled some of her frozen homemade sauce from the freezer, cooked up spaghetti and served it with salad. As the doctors ate, they talked about how they could raise the level of cancer care in Humboldt County to the same high standard enjoyed by residents in big urban centers such as, say, Palo Alto.

It was the first of a dozen or so dinner confabs members of the seven-doctor cancer care program had over the ensuing two years — dinners that became team-cooking affairs as the doctors, somewhat isolated in their practices, grew comfortable with each other. With time, the

confabs gelled into a cohesive plan, parts of which the doctors immediately began acting on. And in December 2013, they announced a major component: They, through the local St. Joseph Cancer Care Program, had forged a formal collaboration with Stanford Medicine's Cancer Institute.

The collaboration sets up an infrastructure that will improve care for Humboldt's cancer patients and broaden research and academic opportunities for Humboldt and Stanford's doctors. Not only that, explained team leader Mahoney recently, the collaboration could end up being a model for rural cancer care in America.

That's a bright note in an oft-gloomy landscape of local healthcare, where such things as recruitment and retention woes, and patients traveling elsewhere for specialized care, can dominate the conversation.

The partnership is remarkable: It's Stanford's first formal collaboration with a rural community hospital (it has urban affiliates near and far). It was doctors who pushed for it, rather than administrators bent simply on marketing the Stanford brand. And it's collegial.

"It is not just university doctors coaching local doctors, but a relationship based on mutual respect and collaboration, and it is based on recognition of the excellent doctors we have here," says Mahoney. "We are working on building new ways of working together that other communities and other universities will find valuable."

It helps that Humboldt's oncologists already have informal working relationships with their Stanford counterparts (as they do with doctors at other university medical centers), in which, for instance, they confer by email on cases. But the formal collaboration — which will involve much more than occasional emails — might not have happened without Mahoney. And Mahoney might not have been here in Humboldt at all had she not suffered a terrible medical accident 21 years ago.

Mahoney, born in 1948, was raised in Monterey but, by the time she moved to Humboldt County in 2000, she had become deeply rooted in the Stanford community. The first of her family to graduate from college, she took it past the limit: Between 1967 and 1983, along with putting her first husband through law school, she completed her undergraduate, graduate and medical degrees, an internship and a residency at Stanford. She then started her own practice and later joined Stanford's clinical surgical faculty.

"To my shock and surprise, surgery was what interested me most," she says.

"I liked the people who did it, I liked the work, and I liked the short feedback loop."

She also liked the challenge: It was rare, in the 1970s, for a woman to get into medical school — and she was pregnant when she applied. It was even rarer for a woman to become a surgeon.

In her first year post-residency, Mahoney opened a private surgical practice — the first woman to do that in Palo Alto. The phone didn't ring for the first three weeks, she says. But then the patients started coming, and by the end of the first year Mahoney had a successful practice.

Then she joined Stanford's surgery faculty, where she worked half time performing general, oncologic and trauma surgeries (she developed and ran the medical center's trauma service). She spent the other half of her time running her private practice. In 1986, she became Stanford's chief resident in surgery. She also helped design the medical school's first comprehensive cancer center. And, in 1994, after cross-country research and meetings with breast cancer patients, she and a patient opened the Community Breast Health Project in Palo Alto, a center where breast cancer patients could go for support and information. (The Humboldt Community Breast Health Project, founded in 1997, was modeled after it.)

"I was really, really busy and having a great time," Mahoney says.

But then she started having trouble walking. She was just 45.

"Long story short, I was walking around on an unstable spine," she says.

It was the return of a long-nagging problem. As a teen athlete, she'd been misdiagnosed with back problems and, the day after she graduated high school, had "an ill-advised" surgery that she says the doctor told her (ironically, in hindsight) would "keep me from being a paraplegic when I was 45."

"This operation was not necessary and

it was done badly," she says. The bone grafts the surgeon did on her spine were compressing nerves. She had emergency surgery two years later but, still, she had chronic pain. Years of work further stressed her damaged spine.

So in 1993 she had another surgery, this time by one of the nation's best. It was "a tour de force operation, 17 hours," she says, two days after which she was able to

stand up. It was fixed. But six days later, when she went in for a scan to make sure no clots were forming on her lungs, the medical attendants dropped her while transferring her from the gurney to the scan table.

"It was enough to send everything catawampus," she says. "And the blossoming of that complication led me to coming to Humboldt County."

Thirty-one hours' worth of multiple surgeries later, she could walk but her spine was fused in such a way that she lost her ability to bend at the waist. No

longer could she perform the really involved operations — the pancreatic, liver and similar surgeries — that can be "like big athletic events" for the surgeons.

She resigned her post at Stanford but kept her private practice going and switched to taking only breast cancer cases. The surgeries were less taxing, and breast cancer was the most underserved cancer area at that time, Mahoney says. Plus, she'd already made a name for herself in the field and was colleagues with renowned breast cancer specialist Susan Love.

But now her second husband, Cobb, saw a chance to move. He was also a Stanford medical school graduate and served on its board and clinical faculty. He'd become restless, says Mahoney, and he told her the only reason they'd hung around the Bay Area so long was because she had been having such fun at work.

"He said he'd spent half his career in a

continued on next page ►



DR. ELLEN MAHONEY IN HER KITCHEN, WHERE SO MANY COLLABORATIVE MEALS AND CHATS HAVE TAKEN PLACE. PHOTO BY HEIDI WALTERS

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ON THE COVER

continued from previous page

medically over-served area, and he wanted to spend the second half in an area where he perceived they needed his skills more.”

In 1997, Cobb moved to Humboldt County to join the medical staff at Mad River Hospital, where, today, he is chief of staff (he also is on St. Joseph's medical staff, has his own practice and last year was named president-elect of the California Medical Association). Mahoney stayed behind until their daughter finished middle school. In 2000, she closed her practice and moved to Arcata to join Cobb. Mahoney considered herself retired but, soon enough, grew “restless and bored.”

She figured she could handle the smaller volume of breast cancer cases Humboldt was likely to provide, so she opened a practice.

Cancer care is a team effort. Medical oncologists treat cancer with chemotherapy and medication. Radiation oncologists use electron beams and other radiation therapies to destroy cancers. And surgeons — general, plastic and specialized cancer surgeons — do the operations to remove cancers and reconstruct areas operated on. Some cancers require just one of these treatments; some need two, and some need all three. And then palliative care doctors help patients deal with symptoms and end-of-life decisions.

“The exciting thing about Humboldt County is we’ve always had a strong cancer program,” says David O’Brien, a family practitioner who was named president of the St. Joseph Health System-Humboldt County last August. “Our radiation oncologists are terrific oncologists, and we have amazing medical oncologists.”

Mahoney says it took her a while, after she opened her practice here, to see this. She wasn’t even sure if the pathologists — the folks who examine tissue samples in the lab to look for cancer cells — were up to snuff.

“I was used to university pathology,” she says. “So, not knowing the guys

RIGHT SOME MEMBERS OF ST. JOSEPH'S CANCER CARE PROGRAM, BACK ROW LEFT TO RIGHT: HEMATOLOGIST/MEDICAL ONCOLOGIST JEFFREY ALLEN, RADIATION ONCOLOGIST MICHAEL HARMON, AND RADIATION ONCOLOGIST JOIN LUH. FRONT ROW, GENERAL SURGEON LUTHER COBB, AND HIS WIFE, MEDICAL ONCOLOGIST AND BREAST CANCER SURGEON ELLEN MAHONEY. PHOTO BY HEIDI WALTERS



ABOVE AT THE DEC. 6 ANNOUNCEMENT IN EUREKA OF THE COLLABORATION (LEFT TO RIGHT): DR. DAVID O'BRIEN, PRESIDENT OF ST. JOSEPH AND REDWOOD MEMORIAL HOSPITALS; WHITNEY GREENE, STANFORD CANCER INSTITUTE'S DIRECTOR OF BUSINESS DEVELOPMENT; DR. JOHNATHAN BEREK, CHAIR OF OBSTETRICS AND GYNECOLOGY AT THE STANFORD UNIVERSITY SCHOOL OF MEDICINE AND DIRECTOR OF THE STANFORD WOMEN'S CANCER CENTER.

PHOTO COURTESY ST. JOSEPH HOSPITAL.

here, I started sending my early biopsies back to Stanford for opinions — until the department chair at Stanford said, ‘The pathologists there are really good, you don’t have to keep sending biopsies to me.’”

She discovered, as well, that local radiation oncologist Michael Harmon's work was better than any she'd seen before, causing less distortion and skin changes; and that there was a perfectly competent plastic surgeon here to help her with breast reconstructions.

“These were really, really good people,” she says.

But it's critical that specialists communicate with each other to design the best treatment program for each patient. Around the mid-2000s, Mahoney says, there was enough strife and dysfunction between the radiation and medical oncologists (some of whom have since moved) in Humboldt to prompt St. Joseph's administration to bring in an outside consulting group. One of the group's recommendations was for the hospital to appoint a medical director for oncology: Mahoney was dubbed.

She set out to bring central organization to the rather loosely connected community of local cancer docs.

“Not everybody in the medical community here was used to the concept of prospective team cancer care — where the whole team gets together and comes up with a plan tailored to what that



MEDICAL ONCOLOGIST EVERARD HUGHES, ST. JOSEPH CANCER PROGRAM



HEMATOLOGIST/MEDICAL ONCOLOGIST UMA SURYADEVARA, ST. JOSEPH CANCER PROGRAM



HOSPICE AND PALLIATIVE MEDICINE PHYSICIAN MICHAEL FRATKIN, ST. JOSEPH CANCER PROGRAM



MEDICAL ONCOLOGIST AND BREAST CANCER SPECIALIST DOUGLAS BLAYNEY, MEDICAL DIRECTOR OF THE STANFORD CANCER CENTER

patient needs,” she says. “They were doing an older model, where the surgeon saw you first, and if they ‘didn’t get it all’ then they’d send the patient to the cancer specialists. So it was surgery first, then radiation, then chemotherapy.”

She thought the medical and radiation oncologists should be brought in early on a case.

“What was happening was, cases that should have been treated with radiation and/or chemotherapy before surgery, [the radiation and medical oncologists] were seeing after surgery. And, by then, sometimes they had lost the chance to do something that would have helped earlier on.”

She says most of the other doctors agreed with her — they had to change. By 2012, they’d made progress in working more closely together. But they still weren’t at that place, says Mahoney, where they were “delivering perfect care.” Because Humboldt County is so remote, and flights out often prohibitively expensive, if a patient wanted a second opinion he had to drive at least six hours to get to the nearest big medical center with a cancer care program, such as Stanford,

U.C. San Francisco or U.C. Davis, find a place to park, maybe get a hotel room. And there likely would be little or no communication between the patient’s out-of-town and Humboldt doctors. If there was a clinical trial going on — testing a new cancer treatment regime, for instance — that a Humboldt patient might be a candidate for, again, there were the expenses and that twisty highway to endure. It wasn’t a pleasant prospect for people who might be wracked with nausea and pain, and was simply an impossible option for those without resources.

“I woke up one morning and said, ‘Why shouldn’t someone who’s waking up here in Eureka, Calif., have the same care here as someone waking up in San Mateo?’”

So she started the dinners. Sometimes they were at her house, other times at one of the other doctors’. The more they met, the closer they grew, and the more inventive their dinners became. They were becoming a team.

“One time, Dr. Harmon found some chanterelles and brought them,” Mahoney recalls. Join Luh, a radiation oncologist from Texas who joined Harmon’s practice



IF THIS SIGN'S ON THE DOOR, YOU KNOW THERE'S A TABLEFUL OF MEDICAL SPECIALISTS INSIDE WORKING OUT A PLAN OF ATTACK FOR THEIR CANCER CASES.
PHOTO BY HEIDI WALTERS

sort of deal, says Mahoney.

"Stanford was more willing to be flexible and creative with us and tailor to what we needed," she says.

The university had been searching for its first rural community partner, says Whitney Greene, director of business development at Stanford's Cancer Institute. Expanding its footprint, she says, would enable it to spread its academic expertise and help more people, but also to involve more people in clinical trials and thereby increase its power to discover new treatments. That, in turn, would make Stanford more competitive with other large, academic medical institutions also stretching out their feelers.

Humboldt was already on Stanford's radar, it turns out. Mahoney was there, for one — not only one of Stanford's own, but with such a high reputation she even was on Oprah Winfrey's O Team list of "extraordinary doctors, researchers, and women's health advocates." And Stanford's and Humboldt's oncologists already conferred by email on some of their cases. Most important, the medical director of Stanford's Cancer Institute (and past president of the American Society of Clinical Oncology), Douglas Blayney, had long been asking the same question as Mahoney: Why can't everyone have the same quality of cancer care? And why can't we use technology to bring it to them?

Greene says it was refreshing that it was Humboldt's doctors who were driving the push for university affiliation.

"We had looked at other locations for additional partners," says Greene. "The problem was, it was often the hospital administration pushing the relationship and the physicians were not necessarily supportive. It was almost like a branding thing. ... We've also seen communities where there's a lot of rivalry between physicians, where they don't necessarily want to all work together."

Humboldt was working on a true collaboration, she says, "based on their need and what their patients need."

The first thing that's going to happen is joint tumor boards. A tumor board is a cancer case conference, and typically Humboldt's cancer team holds

continued on next page ►

in 2007, cut them up, and someone else sautéed them.

Another time they all stood around the big wood block island in Mahoney's kitchen chopping up ingredients for make-your-own tacos. One night, Mahoney cooked recipes from "One Bite at a Time," the cookbook for cancer patients by Rebecca Katz. It was delicious.

"I made 'Yukon Gold Potato Leek Soup,' 'Baby Bok Choy with Sesame and Ginger,' probably some kind of roast chicken, and homemade green tea ice cream with mixed berries," she says.

One of the ideas they acted on quickly was to set up a central referral system at St. Joseph Hospital, so that primary care doctors could refer their patients to the cancer team instead of just one member of it. After a referral comes in, the whole team discusses a treatment plan for that patient.

And they decided that, in fact, there was no reason that a person in Eureka couldn't have the same standard of care as a person in San Francisco or New York City with a university medical center around the corner. They'd bring a big medical center's expertise to Humboldt. They'd find a university partner.

So they worked up a shopping list of things they wanted and brought it in person down to the cancer teams at Stanford and U.C. San Francisco medical centers. Both were interested, sent people up to check out Humboldt — "both universities were pretty impressed," says Mahoney — and then submitted their proposals. St. Joseph's cancer committee chose Stanford. Although UCSF had an affiliates program, it was a "you-do-what-we-say" package

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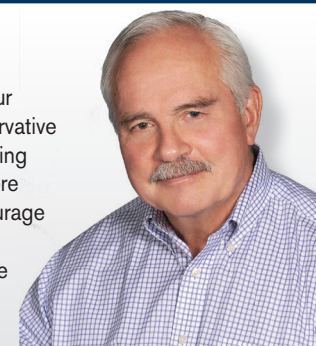
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its tumor board on Wednesdays, when doctors from each cancer discipline share their latest cases and, together, decide on the order of treatments for each patient. Often primary care and other types of medical providers attend. Stanford's cancer doctors do the same thing, although because of their patient volume they hold multiple boards throughout the week segregated by subspecialty, or type: head and neck cancers one day, for instance, gynecologic another day, and so on.

Now, Humboldt's and Stanford's doctors will be able to, via teleconference, sit in on each other's tumor boards. For the roughly 700 cancer patients that the local St. Joseph hospital system sees each year, especially ones with rare or complex cancers, the benefit of this larger think-tank examining their case could mean more efficient treatment. And for some of the ones who travel for second opinions and/or treatment — 82 of St. Joseph's patients did this in 2012 — it could mean fewer trips.

"And if, say, two or three weeks from [the time the board prescribed a treatment plan] we run into a snag with a case, we can go back to that joint tumor board and say, 'What do you think now?'" says Mahoney.

Some patients will still have to travel for surgery or certain treatments, says Mahoney — such as those with certain gynecologic cancers or complex blood-related cancers (such as acute leukemia). If they go to Stanford, the collaboration between doctors will smooth their transitions on both ends. And for patients who choose to, or in some cases have to, go to another big medical institution for part of their care, they'll still benefit from the joint tumor boards with Stanford.

A joint tumor board would have made it easier for Ann Marie Woolley to get a second opinion. Woolley, who is fine now, has had two cancers. She was treated in Humboldt for breast cancer, then later developed endometrial cancer — a complex case that required a specialist. She traveled to Redwood City for her operation, then had chemotherapy and radiation here in Humboldt. Then her cancer came back and she had a second surgery. Her Humboldt oncologists recommended she get a second opinion on what her post-surgical treatment regime should be this time. So she and her husband, John Woolley — a former county supervisor — traveled to Stanford.

"It was a \$500 trip," says John. "And they didn't know us — it's kind of out

of the blue that you go in. You're assigned a doctor. And they didn't change anything, it turns out. It would have been a lot easier if they had been connected to our oncologists up here."

In the future, Mahoney and Blayney want to set up three-way web conferences at the hospital in which a patient and local provider can confer live with a Stanford oncologist.

Another major component of the collaboration will be in-Humboldt clinical trials. Stanford plans to train someone here to identify local candidates for certain trials and help conduct them. That will enable more Humboldt patients to try



ON WEDNESDAYS, A COUPLE DOZEN OR MORE DOCTORS GATHER FOR "TUMOR BOARD," A SESSION IN WHICH THEY DISCUSS CURRENT CANCER PATIENTS' CASES. PHOTO BY HEIDI WALTERS

Expanding Cancer Care

The collaboration with Stanford's Cancer Institute is one of several projects St. Joseph's Cancer Program is undertaking to improve care for local patients. All of these efforts will help the program meet standards set by the American College of Surgeons, which accredits it. And, they respond to many of the recommendations made late last year in a report by the Institute of Medicine — which described the cancer care system in the United States as being in a crisis.

They include:

- A community needs assessment, conducted by retired family physician Diane Korsower, to determine gaps in, or obstacles to, local care for cancer patients and survivors. Her data will be used to train "patient navigators" who will be assigned to patients to guide them through their treatment and recovery.
- Development of a STAR — Survivorship Training and Rehab — program, led by the cancer program's nurse manager Linda Rasmussen. Twenty trained professionals will provide therapy for cancer patients, most of whom experience physical changes from chemotherapy and radiation, such as numbness, muscle stiffness and fatigue. It launches this March. ●

something new and promising that might help them or a future cancer patient. Humboldt's oncologists could become co-researchers in trials. And Stanford will greatly expand its research base.

"We struggle to get 12 or so patients in clinical trials every year," says Mahoney. "We could get hundreds in clinical trials doing them here."

There's much more that Humboldt's patients and doctors will gain from this collaboration, including: genetic counseling; clinical faculty status at Stanford and access to Stanford's conferences, talks and medical library for our oncologists; and speakers from Stanford giving academic talks up here in Humboldt.

Stanford's oncologists, meanwhile, are eager to learn from Humboldt's population.

"There's a large Native American population in your area that we don't see here," says Blayney, as an example. "So we hope to learn some of the nuances of cancer care in that population. We know in other Native American populations that certain cancers are more common, things we don't see — gall bladder cancer, particularly. We look forward to learning how that transfers into your group in your area."

"Secondly, the support systems that the patients have with both family and community are likely much different in a rural area, and we hope to learn and teach our trainees about that."

One aspect likely related to that rural culture is the rare and complex cancers that occur in Humboldt.

"If you look at the California Department of Public Health's statistics," says Mahoney, "you can tell we get more advanced cancers by stage."

The reason, she and others suspect, is that Humboldt people are tough.

"They just keep chopping wood and start resting more," she says, if they're feeling more tired than usual. As Linda Rasmussen, assistant nurse manager for the St. Joseph Cancer Care Program, puts it, part of the reason for this toughness could be Humboldt's heritage of "Native Americans, gold seekers, adventurers, hunters, farmers, and ranchers." And the other part could be because Humboldt's median income (about \$58,000 for a family of four) is nearly \$20,000 below the state median, and almost a third of the county's residents live in rural areas, far from even the local hospitals.

"... the end result is a community culture consisting of people who don't call the doctor early," Rasmussen says.

A huge benefit both Stanford and Humboldt's docs hope to come from this collaboration is, in fact, a better educated public that begins to take better care of itself.

Improving cancer care in Humboldt is a big vision, and it seems to be coming together. But Ellen Mahoney is thinking this could lead to something even bigger: a complete rejuvenation of Humboldt's economy.

Simply put, if a bunch of well-off, aging but active folks living in nice homes in, say, Palo Alto are looking for a quiet, rural place to retire — maybe they'll choose Humboldt if they know it's got a great cancer program in addition to lovely trees and ocean and restaurants. Mahoney envisions droves of active seniors parking their Bay Area equity in cute Victorian fixer-uppers, hiring local renovators, buying local art and so on, creating a snowball effect of jobs and industry and liveliness that would make Humboldt an even more desirable place to live.

Maggie Kraft, executive director of the Area Agency on Aging, likes the idea but has her doubts. Kraft had cancer a decade ago and says better collaboration between her doctors could have eliminated some of the confusion during her treatment. But she says she can't envision healthy retirees moving here just because of a great cancer program.

"Nobody thinks they're going to get cancer," even retirees, she says. But retirees do know they're likely going to need certain, everyday things, including doctors who take Medicare, access-friendly housing once they're too frail to deal with a big property, help with laundry and shopping and more.

"Also, to make this a retirement mecca, I think we'd have to increase the temperature at least 15 degrees," Kraft says.

Even so, more coordinated care and a healthier population can't hurt the county. And the teamwork Mahoney and her six colleagues have worked so hard on is already keeping some good doctors from leaving here. Some of the team have consolidated their offices, and Mahoney says one day they'll all be under one roof.

"Some of us have had offers to go other places," Mahoney says. "I have. Join Luh has. And we decided to stay here because we like this team."

Luh agrees that the team is inspiring.

"In academic medical centers you're forced to [work as a team]," he says. "In a community, though, it's different: You've got all these separate practices that traditionally work like silos and don't talk to each other. ... Here we are in Humboldt County, with all these different practices, and we voluntarily work together. And that is really refreshing."

But Luh's also tied to Humboldt because he *likes* Humboldt. It was his wife's idea to try it; she thought it a good place to raise kids. He dragged his feet, and was a little put out the first time he came here to interview for the position. The airline lost his luggage, which contained his suit and tie, so he

showed up in just a shirt and jeans.

"But Dr. Harmon just said, 'That's OK, it's Humboldt County,'" recalls Luh.

He and Harmon hit it off. And Luh was impressed that Humboldt had some high-end technology that even the big cancer center in Texas where he trained didn't have, including a combination PET-CT scanner and huge, easily accessible computer monitors.

On his last night of that first visit, as he was walking through Trinidad back to the scenic bed and breakfast he and his wife and their 11-month-old daughter had been put up in, he passed a crab fisherman carrying two grocery bags full of Dungeness crabs. The man told him he couldn't sell them at Murphy's because the market had enough crab already. So Luh asked if he could buy his two biggest.

Luh brought the crabs back to the inn, cooked them up, and he, his wife and the innkeeper sat around the kitchen table cracking shells and eating the succulent, sweet meat.

After they moved here, Luh's wife, an allergist, opened her own practice.

Recently, a big hospital in Waco, Texas, asked Luh to come be its cancer program director.

"I thought about the heat" in Texas, Luh says. "I thought about the access [here] to the redwood trails. I thought about the beach. And I said, even though I miss TexMex, and even though I miss Shipleys Donuts — and I miss Southwest Airlines — there was just no comparison. I've got a pretty good gig here."

Luh says he hopes to retire here.

One morning in early January, Mahoney is standing in her dining room, in her home high up on the hill. She's a petite woman, nearing 66, with lovely dark blues, a gently serious gaze and youthfully shiny sandy brown hair — "My only asset in looks," she says, "is I haven't turned gray." This is where many of the dinners took place, where she and her colleagues crafted a plan to take better care of Humboldt's people. She looks out the large windows: The entire community of Humboldt Bay, and beyond, spreads out before her. Arcata, Eureka. On some days, she says, she can see waves breaking on Centerville Beach. Beyond her vision lie more communities, east to Trinity County, north up to Del Norte, south to the border with Mendocino.

"It gives me perspective every night I look out this window," she says. "We hear the oyster men on the bay when they're harvesting. We see the crab fishermen's lights out there. And I think, 'I've got a lot of responsibility.'" ●

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GET OUT!

Out of Hibernation

Ways to play on chilly days

By Amy Cirincione

outdoors@northcoastjournal.com

Ok, Humboldt. It's time to get over it. Enough whining about the frost, your shivering and your wool socks. It's not *that* cold out. You know what they call crisp air, blue skies and frosty mornings in most parts of this country? Fall. Most of us don't even own a real winter coat or a windshield scraper. And it's not really raining. So stop feeling sorry for yourself, put on another fleece and let's get out already.

Here are some easy ways you can enjoy these chilly, beautiful days in manageable doses, leaving plenty of time for hot beverages and sitting by the fire later in the day. (Wusses.)

Idea #1: A short bike ride to a Fire-y, warm place

Combine some shopping, art appreciation and cycling by riding your bike to the Fire and Light factory. On Fridays, there are free tours of the factory, where you can watch artisans pour glass. To take a tour, call the Humboldt Bay Tourism Center at (800) 808-2836 or call Fire and Light directly at 825-7500.

Begin your ride at Arcata Plaza. Ride G Street north toward campus. Turn right

onto 17th Street and immediately turn left onto LK Wood Boulevard. Cross over Highway 101 on St. Louis Road. Enter the traffic circle, taking the second exit onto West End Road. Stay on West End Road for about a mile. Turn right onto Alder Grove and then left onto Ericson Way. Follow the signs to Fire and Light. The ride is a little over 3 miles.

Once you've warmed up from your tour, you can turn around and return the way you came. Or you can continue on West End Road another 7.5 miles out to Blue Lake (highly recommended). This is a bigger commitment, but a warm seat by the wood-fired pizza oven at Stardough's Café (H Street and Railroad Avenue) awaits if you are willing to make the journey.

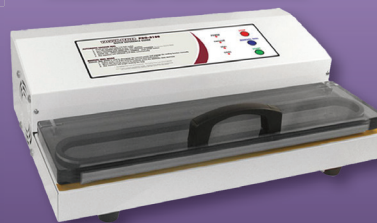
Idea #2: A Ferndale Winter Wonderland

Did you make it down there for Christmas? Either way, while away a post-holiday winter morning in Ferndale's hills and reward yourself with a slice of pie for getting all cold and muddy.

Russ Park is a sadly underused stand of grand firs and Western Red cedars just outside of Ferndale. Drive through town

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PADDLING THE LAGOON MID-WINTER — IT'S NOT THE ARCTIC, PEOPLE. PHOTO BY MARNA POWELL

and turn left onto Ocean Avenue, which becomes Bluff Street. There is a tiny parking lot on your right after half a mile, and a sign and park map at the trailhead. You can hike most of the trails in the park by following a figure-eight loop that links the Lytle Ridge, Francis Creek, Daddy Bush and Eucalyptus trails. It's only a 3-mile loop, with significant elevation gain and a few beautiful viewpoints of the Ferndale valley.

When you're done with your hike, change into a pair of dry socks and warm up with a cup of coffee and a fresh-baked slice at Ferndale Pie Company (543 Main St.) before heading home.

Idea #3: Lagoon Paddling

Water sports are not a summer-only activity. This year, winter in Humboldt means cold, crisp sunshine and calm water on the lagoons north of Trinidad. Stone Lagoon is particularly pretty and protected, so being on its waters feels like a wil-

derness experience (but with all the perks of a drive-up launch). Kayak Zak's operates out of the Visitor Center at Stone Lagoon year-round, so you can bring your own boat or rent a kayak or stand-up paddleboard from them. Call ahead at 498-1130 to arrange a rental. The Visitor Center is located at 115336 Highway 101.

Wear warm synthetic layers and a lifejacket, and paddle aimlessly in circles or make your way across the lagoon to the Stone Lagoon Campground. The campground is closed until February, but it's open for day-use now. There are several fire circles at the campground and lots of neatly stacked firewood from this year's trail maintenance. Bring a bag of your own dry kindling (or a Duraflame firestarter log because, you know, life is short), some marshmallows and hot dogs, and have yourself a deliciously cozy lunch break. This easy round trip is about 4 miles long. ●

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HEY, MCGUINTY!

Feeling Squirrely

Flying squirrels and his ex-girls

By Jessica McGuinty



Even more McGuinty
advice is online at
northcoastjournal.com

Hey, McGuinty!

Our family just moved here from the East Coast, and we're having difficulty finding a place to live. It's never easy, but we wouldn't have guessed that having pets would be a proverbial scarlet letter amongst local realtors.

Allen, our 3-year-old flying squirrel, is cute, cuddly, has an incredible disposition (though he suffers from anxiety issues) and is one of the most well-behaved companions a person could ask for. He only flies where we allow him to and is extremely cautious of our furniture and belongings. (Such an angel!) But when we mention Allen to realtors, we are denied our potential home. Why is this? We thought Arcata would be an accepting environment for pets. Everyone seems to have a pet around here. Where do these people live?

Please help us, McGuinty! Our furry friend needs a roof over his little head.

Sincerely,

— Forever Flying

FOREVER!

I'll be honest. At first I thought this letter was fake. A quick Google search, however, confirmed that flying squirrels do indeed make lovely pets, and besides, who's going to make up a question like this?

If you rented your last place, surely you got a letter from your previous landlord

singing Allen's praises and citing how considerate he is while flying around. Right? If not, do it.

Either way, it's recommended that renters create résumés for their pets. I know it sounds weird, but is it any weirder than having a flying squirrel? I'd say they're equal.

I have a renter's pet résumé for my dog and it has been greatly appreciated by dog-weary landlords. I list her vet, her age and her vaccine schedule, and I explain that the only thing in danger of destruction is a box of Kleenex. The fact that it's true is certainly a bonus. I also have a doggy door and reassure landlords that she knows how to use it. Often the very fact that I created this strange document is all a landlord needs to feel confident that I'm a responsible pet owner. Usually his or her reluctance is more about the humans. Also, most of my landlords wanted to meet my pet prior to agreeing to house it. Offering to introduce landlords to Allen so they can experience his adorableness for themselves might up your chances of signing a lease. An offer of an additional cleaning deposit to further assuage their fears is a good idea as well. You know that Allen is no more destructive than a "regular" pet, but since you're the one that opted for a squirrel over a dog, the onus is on you to prove it.

I do hope you and Allen find a place soon, as I can't imagine this stress is doing his anxiety issues any good. Hugs to poor Allen.

Hey McGuinty!

I've been dating my boyfriend for about two months. We've known each other for a while, and I'm aware of just how many women he's dated prior to me. I wish I wasn't. This area is small and social circles cross. When we're out, I find myself counting his exes in the room and it makes me uncomfortable. He's friendly with many of these women, so I'm often forced to make small talk with them, which I also dislike. I don't even know if I have long term potential with him, but how do I deal with this?

— Disgruntled Girlfriend

DISGRUNTLED!

Humboldt is indeed small, and depending on your ages, either you or your boyfriend could have acquired quite a few exes over time. Everybody has a past, after all.

As advice columnist icon Dan Savage often says, "Every single relationship you ever have is going to fail — until the one that doesn't." Keep that in mind when you're stressing over how many exes your man has. It doesn't necessarily mean he's a player or unable to commit or ... anything. It just means none of those relationships worked out. Maybe this one will. Maybe it won't. But getting all scowly and jealous when you find yourself talking to one of his exes is a great way to ensure that it won't. He's with you now. Let that mean something. Also recognize that remaining friends with his exes speaks to his maturity and suggests you're dealing with an actual grown-up. I'd be more wary if he were listing the reasons why they're all crazy rather than treating them like human beings. This bodes well for you.

That said, if talking to these exes gives you that sick-to-your-stomach feeling, you do need to speak up, if for no other reason than to be heard. Great relationships aren't built on pent-up resentment. Without anger or judgment, try to express that long conversations with these women makes you uncomfortable, and try to understand why. It's never wise to forbid your partner from doing something or speaking to someone. Rather, I'm suggesting you put the issue on the table for discussion to find out where your feelings are coming from. Trying to figure out why you feel something is often the best way to solve the issue. ●

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CALDER JOHNSON AND SHELLEY STEWART IN *OEDIPUS THE KING*, STARTING THIS WEEKEND AT NCRT TOGETHER WITH THE GREEK COMEDY *WOMEN IN CONGRESS*. PHOTO COURTESY OF NORTH COAST REPERTORY THEATRE

An Unusual New Year

NCRT Goes Greek, Ferndale Rep in Flux

By William S. Kowinski

stagematters@northcoastjournal.com

It's an unusual start to 2014 on stage, with a couple of rarely seen plays opening this week and a play that won't be seen at all.

Oedipus the King by Sophocles is probably the most famous of the Greek classics. But if it isn't performed (as it apparently hasn't been for a long time on North Coast stages), it can become just a bad academic memory or a remote and daunting rumor. We may forget that it is first and foremost a play to be experienced live on stage.

That's one reason Michael Thomas decided to direct it at North Coast Repertory Theatre in Eureka, along with Aristophanes' *Women in Congress*, a satirical comedy with sly contemporary relevance.

Another reason is that Thomas really likes these plays. "*Oedipus* is one of the greatest mystery stories ever told," he said. "We get all these pieces of the puzzle as we inch towards the horrifying truth." He finds *Women in Congress* hilarious and "eerily apt for today. It's about how women take over a 'do-nothing' Congress because the men have been such failures."

He selected modern translations that eliminate arcane references and concentrate on story and character. "There are a lot of parallels to today in the comedy, and the tragedy deals with ageless issues. I want the community to have the opportunity to see them."

This daring double bill opens at NCRT

on Thursday Jan. 23, and plays weekends through Feb. 15. Each play is about an hour long, separated by an intermission.

The Man Who Didn't Come to Dinner

What isn't on stage this week is Ferndale Repertory Theatre's scheduled production of *The Man Who Came to Dinner*, which was quietly canceled. The production had problems filling roles early on, but the final cancellation may be related to another event: the sudden firing of executive director Brad Hills by the Ferndale Rep board of directors, as first reported by Beti Trauth in the *Tri-City Weekly*.

According to board member Dianne Zuleger, Ferndale has high hopes for its March show, the Monty Python musical *Spamalot*. Carol Escobar has replaced Hills as the show's director, with Zuleger remaining as music director. The rest of the season devised by Hills is in flux. Substitutions are likely, with one show (a musical version of *The Wedding Singer*) already chosen.

Hills' firing was the second quick departure of a Ferndale Rep executive director in little more than a year, both initiated by the board. Hills went on Facebook to tout his accomplishments, but legal restraints on board members frustrate any desire to respond. Whatever other factors were involved in the firing, the decision to ditch much of Hills'

season also suggests play-related issues.

Hills' first statements as exec indicated that the Rep needed to mend fences with the local community. This led to the small town emphasis of this season, which he called "Family, Fun, Ferndale!" He didn't make it past its second show.

According to Zuleger: "The board is in the process of mapping out a sustainable business plan to ensure that FRT continues to produce quality, worthwhile live entertainment that appeals to older and younger generations alike."

Technical repairs to the theater are underway, and the duties of executive director are being divided among board members and volunteers for now, and maybe for longer. Though a new local hire is possible, no new national search of the kind that brought Ginger Gene from Washington, D.C. and Hills from Oregon is being contemplated. Given the turnover for people who pull up stakes and move to Ferndale, the attraction for applicants might be questionable anyway.

Coming Up: The comic duo Third Base (Nick Trotter and Jerry Lee Wallace) present their latest sequel *Son of Myths of the Plastic Age II* at the Arcata Playhouse on Friday, Jan. 24, and Saturday, Jan. 25, at 8 p.m. The pair's combination of wordplay and physical comedy also includes original music in collaboration with the New York group Bonejesters. www.arcataplayhouse.org.

Redwood Curtain presents its seventh annual radio variety show fundraiser *The Seven Deadly Zounds!* on Saturday Jan. 25, at Blue Lake Casino's Sapphire Palace. Dinner begins at 6:30 p.m. and the show, combining comedy sketches and music, starts at 8 p.m. It features Pamela Lyall, James Floss, Randy Wayne, Lynne Wells, Bob Wells, Terry Desch and Christina Jioras. It's also broadcast live on KHUM. Tickets and information for this popular event: www.redwoodcurtain.com.

As part of Mad River Steelhead Days in Blue Lake, Dell'Arte presents *Fish Tales*, a family-friendly variety show, on Saturday at 7 p.m. in the Carlo Theatre. It features local string band Kingfoot and local storytellers Jeff DeMark, Thomas Dunklin and Kit Mann, as well as a song by Janessa Johnsrude and Ruxy Cantir. Tickets are pay-what-you-can or free with Steelhead Days registration, but reservations are highly recommended: (707) 668-5663 ext. 5.

Heads up: The Arcata Playhouse Family Fun Series begins early this year with Scotland's Puppet State Theatre Company performing *The Man Who Planted Trees* on the weekend of Jan. 31. www.arcataplayhouse.org. ●



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TABLE TALK



CHICKEN BRAISED WITH GINGER — LIKE A PREVIEW OF SPRING. PHOTO BY DARIUS BROTMAN

A Little Kick

Ginger chicken chases winter doldrums

By Jada Calypso Brotman

tabletalk@northcoastjournal.com

It's not spring. I wish it was, food-wise, but it isn't. My diet is suffocated by a robotic procession of root vegetables. British cookbooks extol the pleasures of cozy winter cooking, but I live in California, Hugh Fearnley-Whittingstall, and I can't eat any more cottage pie. Plus, your name is ridiculous. No more mashed Swedes, sir!

I attempt tomatoes, knowing I'm a fool, only to be met with mealy, wet fluff. As I stagger on through squash #247, I thank my lucky stars that ginger still tastes fresh and sharp, with that sparkling bite that cuts through the doldrums of winter flavors.

The thing I like about this first recipe from my father is that it's not Asian inspired. As the cold gathers, I find myself getting lazy and reaching too often for the soy sauce and black bean paste, but neither man nor woman is meant to live on stir-fry alone, unless he or she lives in Szechwan.

Chicken Braised with Ginger, from Darius Brotman

The recipe has no garlic and plenty of sherry and cream, so it highlights ginger's sweet notes. I prefer to serve it with polenta or wild rice.

Serves 3

Ingredients and method:

3 half chicken breasts (with skin and bones)
salt and pepper
2 tablespoons butter
1-inch cube of ginger, minced
1/4 cup chopped shallots
1/4 cup chopped chives
1/4 cup Amontillado sherry
1/2 cup cream

Remove excess fat from chicken breasts, leaving the skin. Chop each breast half into three pieces. Rinse and dry pieces with a dish towel. Sprinkle the chicken with salt and pepper.

Melt the butter in a broad pan over medium heat. Add the chicken, skin side down. (They should cover the pan in an even layer.) Leave undisturbed for 8 minutes. If you wish, tilt the pan and spoon out and discard some of the fat.

Loosen the pieces with a spatula without turning them over. Sprinkle the ginger and shallots over the top. Leave for another 5 minutes.

Cover the pan and turn the heat to medium low. Cook for another 5 minutes. The meat will finish cooking and release some liquid.

Remove the chicken with a slotted spoon and place it on a hot serving dish; leave all the liquid behind. Turn the heat up to medium high. Add the chives and stir around briefly. Add the sherry and cream. Cook it down, scraping and stirring, until the sauce has a creamy consistency, about 2 minutes. Pour the sauce over chicken and serve.

Steamed Chicken with Ginger Sauce

This recipe, a San Francisco Chinatown dish, is *all* flavor — hold on to your hats, folks. The incredibly strong sauce is a

revelation when dabbed on the plainest of chicken. It's also good on poached fish or tofu.

Serves 2

Ingredients and method:

2 half breasts of chicken (with skin and bones)
4 scallions
1 teaspoon salt
1-inch cube of fresh ginger, peeled
4-5 cloves garlic

Place the chicken on a steaming rack in a wok. Trim the darker green parts of the scallions and scatter them on top of the chicken. Pour a cup of water in the wok, then cover and steam the chicken. (You can add green or black tea leaves to the steaming water for a subtle aroma.)

Chop the trimmed scallions and the ginger. In a mortar, pound the garlic and salt to a paste. Add the ginger and scallions and again pound to a paste.

When the chicken is only just cooked through, take it out and remove the skin and bones as soon as possible. Slice the meat into neat pieces and serve with the sauce and plenty of rice. A little sauce goes a long way. ●

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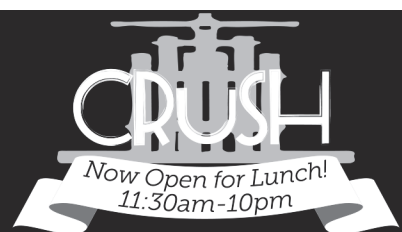
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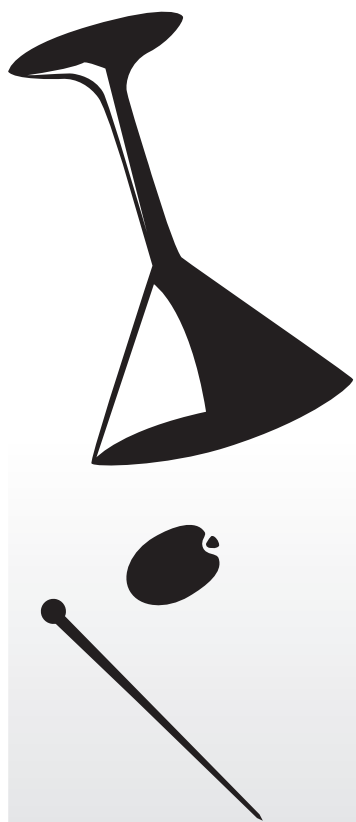
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ARCATA PLAYHOUSE 1251 Ninth St., 822-1575		<i>Son of Myths of the Plastic Age II</i> (comedy, puppets) 8pm \$10, \$7 students/seniors	<i>Son of Myths of the Plastic Age II</i> (comedy, puppets) 8pm \$10, \$7 students/seniors		[W] Jeffrey Foucault (country/blues) 8pm \$15
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		<i>The Big Lebowski</i> 7:30pm \$5	Random Acts of Comedy 7:30pm \$6	<i>Despicable Me 2</i> 5:30pm \$5, All Ages	[W] Sci-Fi Night: <i>Raiders of Atlantis</i> 6pm Free w/\$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free	Daniel Garner and Friends (loop machine) 8pm Free		Jazz Night 7pm Free	[M] Quiz Night 7pm Free; [W] Buddy Reed (acoustic blues) 6pm Free
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, 668-9770	Karaoke w/KJ Leonard 8pm Free		<i>The Seven Deadly Zounds!</i> (dinner, radio theater) Sapphire Palace, 6:30pm \$55; Vintage Rock 'N' Soul, Wave Lounge 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CAFE MOKKA 495 J St., Arcata 822-2228		Last-minute Men (international) 8pm Free			
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Karaoke w/DJ Marv 9pm Free	Karaoke w/Rock Star 9pm Free	Dr. Squid (dance) 9pm Free		[W] Jimi Jeff and the Gypsy Band (funk/rock) 7pm Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad 677-3611	DJ Thursdays: Pressure Anya 9pm Free	Tripwire (rock) 9pm Free	NightHawk (rock/dance) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CRUSH 1101 H St. #3, Arcata 825-0390					[M] Buddy Reed (blues/rock) 7pm Free [T] Game Night 5pm Free
THE FORKS (530) 629-2679 38998 Hwy 299, Willow Creek	Jimi Jeff's Open Jam 8:30pm				
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Soul Night: Missing Link DJs, Jaymorg, King Maxwell 9pm \$5	PC's Birthday Bash: Motherlode (rock), DJ Rickshaw, Samba Da Alegria 9:30pm \$15	Hot Buttered Rum (Americana) 9:30pm \$15		[T] Cribbage Tournament 6:30pm [W] California Honeydrops (blues) 9:30pm \$15
JAMBALAYA 915 H St., Arcata 822-4766	World's Finest (funky reggae/grass) w/Synrgy (reggae) 9pm \$5	DJ Red (hip-hop/funk) 10pm Free	Space Biscuit (new wave), The Institution (alt. rock), Knot They're (electronica), Electric Gravy (improv), Zigzilla 10pm \$5	DGS Sundaze (EDM DJs) 9pm \$5	[M] The Getdown (local funk) 9pm

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LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Gabe Rozzell and Friends (singer/songwriter) 8pm Free	Blood Gnome, The Tweeners, Eureka Garbage Company (rock) 9pm Free	Cliff Dallas & the Death Valley Troubadours (country), Electro Saloon (acid/country) 9pm Free	Potluck Dinner 6pm Free	[W] Turtle Races 8pm
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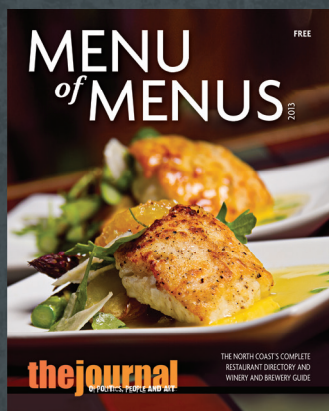
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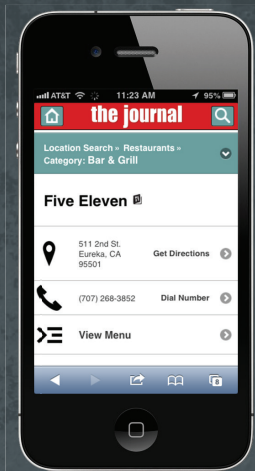
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◀ ARCATA + NORTH ON PREVIOUS PAGE

venue	thur 1/23	fri 1/24	sat 1/25	sun 1/26	m-t-w 1/27-29
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free			[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	NightHawk (dance) 9pm Free	Merv George (rock) 9pm Free	Accurate Productions DJs 8pm Free	
CECIL'S BISTRO 923-7007 773 Redwood Drive, Garberville		Joani rose, Jim Wilde, Damien Roomets, Michael Curran (jazz) 7:30pm Free			
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
CUTTEN INN 445-9217 3980 Walnut Drive, Eureka					[T] Dale Winget (acoustic) 6pm Free
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	Shugafoot (jazz) 9pm Free	'80s Night: Pressure Anya DJs 9pm Free	Josephine Johnson CD Party (singer/songwriter) 9pm Free		[M] Electric Gravy (improv) 8:30pm Free



PHOTO BY BOB DORAN

CD release party to celebrate **Josephine Johnson's** new album, **Let It ALL OUT!** on Saturday at the Eureka Inn's Palm Lounge. (See Eureka+South listings above.)

— Bob Doran

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EUREKA THEATER 612 F St., 845-8795		<i>Blue Hawaii</i> 7:30pm \$5			
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury (Irish) 7pm Free	Paul (folk) 7pm Free	The M-Notes (Americana) 7pm Free		
LIL' RED LION 1506 Fifth St., Eureka 444-1344		Sleepwalker (rock) 9pm \$TBA	Miasmic, Skoptsy (metal) 9pm \$TBA		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600				Old Timey Music Jam 1pm Free	[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 507 Second St., Eureka 444-2017			DJ Itchie Fingaz 9pm Free		
RED LION HOTEL R.J. GRIN'S LOUNGE 1929 Fourth St., Eureka 445-0844			Karaoke w/Chris Clay 9pm Free		
SHAMUS T BONES 407-3550 191 Truesdale St., Eureka	Kenny Ray and the Mighty Rovers (honky-tonk swing) 7pm Free				[M]T-Bone Shuffle Open Mic Jam w/Jim Lahman Band 7pm Free
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	The Attics (Americana) 7pm Free	Electric Gravy Improv Hip-Hop Open Mic 10pm Free	Savage Henry Comedy Open Mic 9pm Free		
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244	Trivia Night 8pm Free	Shugafoot (jazz) 9pm Free	Buddy Reed and the Rip It Ups (booty shakin' blues) 10pm Free		[M] Anna Hamilton (folk) [T] Don and Company (jazz) 7:30pm Free [W] No Covers (jazz duo) 7pm Free
THE WORKS 442-8121 210 C St., Eureka			Dent May and Jack Name (DJ/art rock) 8pm \$TBA		



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Scratch that Itch

A slew of shows to satisfy

By Jennifer Savage

thehum@northcoastjournal.com

Judging from the videos and photos capturing the Sunday night Palm Lounge scene, a better-than-decent crowd turned up for last week's La Luz gig — and as fast as that particular all-girl surf pop act from Seattle is rising, any chance to catch them should not be missed. Good on ya, Humboldt!

Thirsty for some soul

Well, hey — it's the Thursday night version of **Soul Night** at Humboldt Brews. "We figured, what better way to start off a new year fresh than try out a Friday morning hangover?" say the purveyors of aforementioned soul. Hop aboard with **Jaymorg**, **King Maxwell**, **Matt'n'Adam** and more. You can never go wrong going dancing. Doors at 9 p.m., cover is \$5 and you've got to be 21 or older to get your groove thing on.

Friday feel-good fun

Look who's having a birthday! A-town all-star Pete Ciotti! You know Pete from Big Pete's Pizza, the Jambalaya, Nucleus, Full Moon Fever and far too much more to list in this small space. Join him for **P.C.'s Birthday Bash** with funky **Motherlode** (he's also in this band), hot jammin' **DJ Rickshaw** and sexy **Samba Da Alegria**, all at Humboldt Brews. Cover's \$10, doors at 9 p.m. and yes, another 21-and-over good time.

And then there's Saturday aka "no excuses" night

Wow, Saturday. Live music options as colorful and diverse as a box of Jelly Bellies. Here we go...

Bang for your buck

New wave darlings **Space Biscuit** headline at the Jambalaya with San Francisco's solid alternative rock power trio **The Institution**. Opening the night is local electronica artist — are you ready for it? — **Knot They're**. Space Biscuit's Tamaras Abrams pulls double duty as her other band **Electric Gravy** closes the night with a short set of



WHO: Space Biscuit
WHEN: Saturday, Jan. 25 at 9 p.m.
WHERE: Jambalaya
TICKETS: \$5

PHOTO
COURTESY OF
THE ARTIST



WHO: Cold Blue Mountain **WHEN:** Saturday Jan. 25 at 11 p.m.
WHERE: The Alibi **TICKETS:** \$5

PHOTO BY MICHELLE CAMY

hip-hop electronica improvisation. This four-band night of something different will set you back a mere \$5. Things start around 9 p.m., show is 21-and-over.

Get happy

Humboldt's singer-songwriter darling **Josephine Johnson** has moved to Los Angeles, where she's the after school programs director at Citizens of the World Charter School in Mar Vista and a development and communications assistant at WorldSpeak language academy in Santa Monica — "I'm thankful to have solid jobs that allow me to play music all over LA. I have landed in a very good space. Finally! Amen," Johnson writes. Congrats, Josephine! She's not completely done with us yet, though, and



WHO: Hot Buttered Rum **WHEN:** Saturday, Jan. 25 at 9 p.m.

WHERE: Humboldt Brews **TICKETS:** \$15

PHOTO BY DAVE FLEISHMAN

is returning to town for a CD release party for her new album, *Let It All Out* at the Palm Lounge. The show gets going around 9 p.m. when members of a **Reason to Listen** poetry collective will perform 15-minutes of original compositions followed by **Perry Brubaker** (The Plumb Ugles, Hollow Down) in a solo set. Johnson's band consists of Brubaker on Bass and **Jay Forbes** (Strix Vega) on drums. This is a 21-and-over show.

Songs for all occasions

Hippies, rejoice! Festival favorite **Hot**

Buttered Rum returns to the sweet, sweet music room of Humboldt Brews. For the ungreased, **Hot Buttered Rum** is a San Francisco band of five friends who perform what we shall refer to as "Americana fusion, a happy, sing-along mix of bluegrass hoe-down, high-art and roadhouse rock." They are serious about their mission. "Sing-along! Have fun! **Hot Buttered Rum** lives for songs. Songs to sing in the shower. Songs to crank through your ear buds at the DMV." **Hot Buttered Rum** boast three songwriters — **Aaron Redner**, **Nat Keefe** and **Erik Yates** —

who spin tales about the good times, the bad times and the roads in between. If you're not sold yet, consider this: Last August, **Hot Buttered Rum** performed not only the "Star Spangled Banner" but "Bluegrass Fight Song" as part of the opening ceremony at a San Francisco Giants game, an achievement that covers them in oodles of cool in my book. (Is it baseball season, yet?) Doors open at 9 p.m., show is 21-and-over, tickets are \$15 and recommended in advance.

Get dark

And in case all the above sounds too heartwarming and happy, never fear! Or perhaps ... fear. Because Chico doom metal masters **Cold Blue Mountain** are bringing their heavy sound to the Alibi for the first

time. The band is touring an eponymous debut album, released last year on vinyl through Gogmagogical (!!!) Records and on cassette (!!!) through Vulture Print (as well as digitally through iTunes). Interesting tidbit from the band: "Over the summer/fall, the band took a break while our singer Brandon was a cast-member of this season's *The Amazing Race* on CBS (unfortunately he didn't win)." We're talking the Alibi, so music won't start till 11 p.m. or so and you'll need \$5 to check out the band. Another 21-and-over, obv.

Shows to buy tickets for now

The live music influx continues to ramp up over the next several weeks with three shows of note on the horizon.

Americana fans, please know that Mid-western singer-songwriter **Jeffrey Foucault** plays at the Arcata Playhouse on Wednesday, Jan. 29. Advance tickets are \$15 and available at Wildberries Marketplace, Wildwood Music or by calling (707) 822-1575. Admission is \$15 general, \$13 HFS members.

Lovers of high brow hip hop, attend to the fact that the **Zion I Masters Of Ceremony Winter Tour** with special guest **SOL** is happening Friday, Jan. 31, at the Arcata Theatre Lounge. Cost is \$20 at the door, but you can (and should) get \$17 advanced tickets at Wildberries Marketplace, Peoples Records, The Works, the ATL and ATL online. The show is 21 and over.

To those who live for tightly arranged, melodic, eclectic songs of beauty (and performers who are easy on the eyes), here's a heads up that around the corner that same Friday, Jan. 31, **Morning Ritual**, a new collaboration between Portland-based composer Ben Darwish and twin singers Shook Twins, brings a rock/folk/jazz/R&B sound to Robert Goodman's Tasting Room. Tickets are \$15.

Etc.

Full show listings in the *Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

Long for the heyday of radio drama? Tune in for **The Seven Deadly Zounds** Saturday at 6:30 p.m. in Blue Lake Casino's Sapphire Palace (\$55). Redwood Curtain Theatre players will be making a scene with dinner, old-fashioned radio theatrics, live music, sound effects and a word or two from their sponsors.

North Coast Big Brothers and Big Sisters are having their **chili cook-off at Mad River Brewing Company** on Saturday at 2 p.m. (\$10).

Drop by the fundraiser and make the sacrifice of tasting chili, drinking beer, listening to live music and bidding on cool stuff in a silent auction, you know, for the kids.

Throw on a bathrobe, order up a Caucasian and bask in the aimless wisdom of the Dude. **The Big Lebowski** graces the screen

at the Arcata Theatre Lounge on Friday at 7:30 p.m. (\$5) with its nihilists, bowlers, pederasts, pacifists, pornographers, performance artists, con-men, cowboys, cops and Donnie.

23 thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. A chance to hone your skills with a live model. \$5. 442-0309.

MUSIC

Choir Auditions. 7 p.m. Arcata Presbyterian Church, 670 11th St. Sing with the Arcata Interfaith Gospel Choir during a regular rehearsal and audition afterward at 9 p.m. Free. aigchoir@gmail.com. 822-8444.

THEATER

Oedipus The King and Women in Congress. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. A tragedy from Sophocles and a comedy by Aristophanes. \$15, \$12 students and seniors. www.ncrt.net. 442-6278.

Peking Acrobats. 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The elite group of gymnasts, jugglers, cyclists and tumblers demonstrates its skills in a family-friendly show. \$35, \$25 kids, \$10 HSU students. carts@humboldt.edu. 826-3928.

Pygmalion and Spring Awakening. 5:30 p.m. Gist Hall Theatre, Humboldt State University, Arcata. A musical adaptation of George Bernard Shaw's comedy and Franz Wedekind's drama by Northcoast Preparatory and Performing Arts Academy. \$15, \$10 students and seniors.

FOR KIDS

Young Discoverers. 10:30 a.m. Discovery Museum, 501 Third St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Space is limited, so call ahead. \$2. info@discovery-museum.org. discovery-museum.org. 443-9694.

GARDEN

An Overview of Genus Rhododendron. 7 p.m. Eureka Women's Club, 1531 J St. The American Rhododendron Society hosts a lecture by Elaine Sedlack from the UC Botanical Garden. Free. www.eurekaheritage.org. 443-8049.

MEETINGS

Kindergarten Admission. 6 p.m. Union Street Charter School, 470 Union St., Arcata. Attendance is a prerequisite for entering the kindergarten lottery for the fall of 2014. Adults only. Free. unionstreetcharter.org. 822-4845.

OUTDOORS

Hikshari' Trail Walk. 9 a.m. Hikshari' Trail, Truesdale Street (West end), Eureka. Join guide Sandra Lingle for a tour along the bay, focusing on birding and ecology. Bring binoculars if you wish. Last walk until April. Free. 444-2376.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and other fiber artists as they socialize and work on their current projects. 442-9276.

24 friday

DANCE

Barn Dance. 7:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. The Humboldt Folklife Society hosts, the Empty Bottle Boys play sizzling tunes and Sue Moon calls the dances. \$7, \$6 students and seniors. www.redwoodraks.com.

World Dance. 8 p.m. St. Alban's Episcopal Church, 1675 Chester Avenue, Arcata. Teaching and request dancing presented by Humboldt Folk Dancers. \$3. 839-3665.

MOVIES

The Big Lebowski. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. He treats objects like women, man. Rated R. \$5. www.arcatatheater.com.

Blue Hawaii. 7:30 p.m. Eureka Theater, 612 F St. This month's Fourth Friday Flick celebrates the King's birth month with a trip to the islands. \$5. www.theeureka-theater.org.

MUSIC

Vladimir Feltsman. 8 p.m. Fulkerson Recital Hall, HSU, Arcata. The Russian-born pianist plays music from Baroque to 20th-century composers. \$45, \$25 children, \$15 HSU students. carts@humboldt.edu. 826-3928.

THEATER

Oedipus The King and Women in Congress. 8 p.m. North Coast Repertory Theatre. See Jan. 23 listing.

Pygmalion and Spring Awakening. 9:30 a.m. Gist Hall Theatre. See Jan. 23 listing.

Son of Myths of the Plastic Age II. 8 p.m. Arcata Playhouse, 1251 Ninth St. The comic duo Third Base! returns with a new edition of their classic show featuring shadow puppets, masks and unforgettable characters. \$10, \$7 students and seniors. 822-1575.

EVENTS

Choices Breakfast. 7:45 a.m. Baywood Country Club,

3600 Buttermilk Lane, Arcata. Join Six Rivers Planned Parenthood and celebrate the 41st anniversary of Roe v. Wade. Call to buy tickets. \$40 at the door. tia@srpp.org. 442-2961.

FOOD

Spaghetti Feed. 5:30 p.m. Trinidad School, 300 Trinity. Trinidad School's 6th grade class hosts its annual pre-Clam Beach Run carb-loading fundraiser in the gym. Proceeds and raffle go toward a class trip to Mendocino Woodlands Outdoor School. \$3 mini meal, \$7 medium, \$9 mega meal; \$25 for family of four. 677-3631.

SPORTS

Eight Ball Tournament Night. 7 p.m. Rose's Billiards, 535 Fifth St., Eureka. Come and compete for prizes in a BCA rules double elimination tournament on 7-foot Diamond tables. \$1 off of beers for tournament players. \$5 plus \$3 green fee. guy@rosesbilliards.com. rosesbilliards.com. 497-6295.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

Roller Skating. 6 p.m. Eureka Muni, 1120 F Street. A fun way to stay healthy with friends and family. \$4 youth, \$4.75 adults (includes skate rental). 441-9181.

25 saturday

THEATER

Oedipus The King and Women in Congress. 8 p.m. North Coast Repertory Theatre. See Jan. 23 listing.

Pygmalion and Spring Awakening. 5:30 p.m. Gist Hall Theatre. See Jan. 23 listing.

The Seven Deadly Zounds! 6:30 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Redwood Curtain Theatre presents an original radio theater production and catered dinner as a fundraiser. Doors open at 6:30 p.m. \$55. www.bluelakecasino.com.

Son of Myths of the Plastic Age II. 8 p.m. Arcata Playhouse. See Jan. 24 listing.

EVENTS

Burns Supper. 5 p.m. Scotia Inn, 100 Main St. There

will be dinner, songs, poetry, pipers, dancing and, of course, haggis. RSVP. \$45. info@northcoastscots.org. www.thescotiainn.com. 839-4153.

Fish Tales. 7 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. A family friendly variety show featuring local string band Kingfoot and all things fishy. Donations accepted. www.dellarte.com. 668-5663 ext. 5.

Humboldt Roller Derby Bout. 6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. The ugly sweater-themed opening bout pits the hometown heroes against the North Coast Roller Derby's Tsunami Sirens. \$12. humboldtrollerderby.com.

Kegg Pipe Organ Tour. 1 p.m. Christ Episcopal Church, 15th and H streets, Eureka. A close-up, hands-on view of the magnificent instrument. Free. 445-0700.

Mad River Steelhead Days. 1-4 p.m. Business Park, Taylor Way, Blue Lake. Fishing workshops, live music, face painting, arts and crafts booths and games kick off two weeks of fishing fun and competition. Free. www.madriverralliance.org/programs.

Savage Henry Comedy Open Mic. Last Saturday of every month, 9 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Joe "Whiskey-Whiskers" Deschaine provides the hosting, you provide the funnies. Joe might also be funny. Free. www.thesirensongtavern.com.

Taxapalooza. 9 a.m.-3 p.m. St. Bernard's Catholic School, 222 Dollison St., Eureka. Drop-in tax preparation service provided by United Way. Free. www.myfreetaxes.com/VITA.H/DN.

FOOD

Arcata Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Locavores' delight: fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Free. humfarm.org. 441-9999.

Big Chili Cook Off. 2 p.m. Mad River Brewing Company, 101 Taylor Way, Blue Lake. Live music, silent auction and chili tasting presented by Big Brothers Big Sisters of the North Coast. \$10. info@ncbbbs.org. www.madrivbrewing.com. 445-4871 or 661-4151.

Grange Breakfast. Fourth Saturday of every month, 7:30-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. The menu includes eggs, sausage (links or patties) or ham, biscuits and gravy, as well as coffee. \$5 suggested donation. www.facebook.com/humboldtgrange.

Humboldt Hill Grange Breakfast. Fourth Saturday of every month, 8 a.m.-11 p.m. Home-style breakfast. \$5, \$3 Child. 442-4890.

continued on next page ►

Spaghetti Feed. 5:30 p.m. See Jan. 24 listing.

MEETINGS

Hospice Volunteer Training. 11 a.m.-3 p.m. Hospice of Humboldt, 2010 Myrtle Ave., Eureka. Information on the hospice team philosophy and on a variety of volunteer programs, including patient care of grief support. Free. www.hospiceofhumboldt.org. 445-8443.

Osher Lifelong Learning Institute Open House. 1 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Learn more about spring courses and join a vibrant community of learners age 50 and better. Free. OLLI@humboldt.edu. 826-5880.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Meet a

trained guide for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary. Bring your binoculars and have a great morning birding! Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. The tour guide this week is Pat Bitton. Free. rras.org/calendar.

SPORTS

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion. See Jan. 24 listing.

Roller Skating. 6 p.m. Eureka Muni. See Jan. 24 listing.

ETC

Women's Peace Vigil. Fourth Saturday of every month, 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Roll Hard

Sugar and spice and everything nice, that's what little girls are made of. Add skates, gritted teeth and hip checks, and you get **Humboldt Roller Derby**. The season opens when the whistle blows for the team's first bout on **Saturday at 7 p.m.** against the **Tsunami Sirens** at **Redwood Acres Fairgrounds** (\$12).

The **ugly sweater theme** might be gilding the lily, since derby-wear already lies somewhere between Rocky Horror and NASCAR, but why not? Roller derby is not, after all, about subtlety. The club roster reads like a list of gleeful comic book bad girls: Rotten Tula Core, Rust E. Machete, Snakes Anna Plane, Harley San Quinntin, Poison Candie, Villain Thomas and Casstastrophe among them. Have you been?

Here, fittingly, is the quick and dirty: Each team sends out five skaters per jam. Each team's jammer tries to lap the other team's ladies, while the four blockers defend their own jammer and try to slow down the other team's jammer. As in hockey and football, there are restrictions on blocking (it's not a cage fight), but plenty of room for punishment within the rules.

Go online and you'll find no shortage of essays on the female empowerment, competition, alt-glamour and channeled aggression that inspire cult-like devotion to the sport (full contact on wheels and a sparkly helmet — what more can a girl ask for?). But if you want the full picture, you really have to grab a beverage and a seat on the bleachers and watch 'em roll.

—Jennifer Fumiko Cahill



26 sunday

MOVIES

Despicable Me 2. 5:30 p.m. Arcata Theatre Lounge, 1036 G St. Steve Carrell, animation and super villains. \$5. www.arcatatheater.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. [www.relevantmusic.org](http://www.relevantmusic.org/Bayside). 442-0156.

THEATER

Pygmalion and Spring Awakening. 1 p.m. Gist Hall Theatre. See Jan. 23 listing.

EVENTS

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

FOOD

Breakfast in Bayside. 8 a.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Featuring a gourmet breakfast and live music by the HSU Academy Fiddlers and Good Company. \$8, \$5 kids and seniors. www.baysidegrange.org. 822-9998.

Potluck Dinner. 6 p.m. The Logger Bar, 510 Railroad Ave., Blue Lake. Bring a dish to share with friends old and new. Free. www.facebook.com/LoggerBar.

MEETINGS

Hospice Volunteer Training. 11 a.m.-3 p.m. Hospice of Humboldt. See Jan. 25 listing.

OUTDOORS

Tree Planting at Salmon Creek. 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Closed-toe shoes required, boots and water bottle recommended. Refreshments will be provided. Free. Rachael.Iverson@ccc.ca.gov. 601-8084.

SPORTS

Table Tennis Tournament. 10 a.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Prizes for winners of each division, including beginner, intermediate, advanced and senior. \$5. 822-7091.

ETC

Reiki Clinic. 1-3 p.m. Sun Yi's Academy of Tae Kwon Do, 1215 Giuntoli Lane, Arcata. Drop-In community-style reiki treatments \$25 suggested

donation. www.humboldtreakilady.com. 845-0238.

27 monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older, with live music featuring tunes from the 1930s-50s. \$4. 725-5323.

LECTURE

Genetically Modified Organisms. 1 p.m. Rohner Grange 509, Rohnerville Rd. and Kenmar, Fortuna and 6 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Third generation family farmer and GMO expert Howard Vlieger presents this informative talk. Free. humboldtgmofree@gmail.com. 223-3469.

THEATER

Cribbage Lessons. 5:30-7 p.m. Moose Lodge, 4328 Campton Road, Eureka. Brush up on your cribbage skills or learn how to play. Free.

MEETINGS

Humboldt Bay Bicycle Commuters Association. 6 p.m. Chapala Café, 201 Second St., Eureka. The meeting starts with an optional dinner and continues with a discussion of agenda items. www.facebook.com/ChapalaCafe.

28 tuesday

DANCE

Grupo Corpo. 8 p.m. Van Duzer Theatre, 1 Harpst St., Arcata. Grupo Corpo joins modern movement with Afro-Brazilian dance, dynamic staging and Brazilian rhythms. \$45, \$25 kids, \$15 HSU students. carts@humboldt.edu. 826-3928.

MOVIES

The Rules of the Game. 6:30 p.m. Eureka Main Library, 1313 Third St. Jean Renoir's French film is the last film in the library's January series "1939: Hollywood's Golden Year." Hosted by Bob Doran. Free. 269-1962.

MUSIC

McKinleyville Community Choir Practice. 6:30 p.m. Good Grace Shepard Church, 1450 Hiller Road, McKinleyville. The choir is recruiting for vocalists and instrumentalists. Vocalists need be able to carry a tune and be willing to work alone and in a group. Sliding scale membership fee. 839-2276.

Ukulele Play and Sing Group. 1:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All genres of music, from "Greensleeves" to "Kansas City," "Cupid" to "El Paso." If you can carry a tune and play a stringed instrument, come party! Donations appreciated. veganlady21@yahoo.com.

MEETINGS

Redwood Montessori Open House. 6 p.m. The event will provide information about preschool and kindergarten enrollment for prospective families. RSVP. Free. info@redwoodmontessori.org. 832-4194.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the I street parking lot of the Arcata Marsh. Free. 822-3475.

Go Fish

Stop talking about the one that got away and get one on record. **Saturday** begins the **Mad River Steelhead Days**, two weeks of fishing-related competition and festivities that run through Feb. 8. Tickets (\$35) get you into the whole kettle of fish and register you for the contests, and the proceeds go to the Mad River Alliance (of which you'll be a member). Troll Mad River Tackle in Arcata and Redwood Marine in Eureka to register.

From 1-4 p.m. in the **Blue Lake Business Park**, the whole family can learn to bait a hook and catch a big one at a **fishing workshop** taught by a ringer, then do a little **face painting** and cruise the **arts and crafts booths**. At 7 p.m., Dell'Arte presents **Fish Tales** at the **Carlo Theatre** with Jeff DeMark, Thomas Dunklin and Kit Mann, with Kingfoot providing the music. Donations are accepted, and reservations recommended.

The competition is daily, with a **first catch of the day** award, prizes for **biggest fish** and **best photo**. Every time you drop a line in the river you have a chance to pull out a hatchery steelhead and win a drift boat trip from North Coast Fishing, a fishing trip with Full Throttle Fishing and a boatload of rods, reels and tackle. Awards go out at the big **dinner at Blue Lake Casino on Feb. 8 at 6 p.m.** with music from **The Hip Joint**.

—Jennifer Fumiko Cahill



ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play some cards. 444-3161.

29 wednesday

MOVIES

Unfinished Business: The Japanese American Internment Cases and Pilgrimage. 5 p.m. Kate Buchanan Room, Humboldt State University, Arcata. Two documentaries and a discussion of World War II internment of Japanese Americans with former internees to commemorate Greg Korematsu Day of Civil Liberties. Free.

MUSIC

Jeffrey Foucault. 8 p.m. Arcata Playhouse, 1251 Ninth St. Rich and strange country and blues. \$15. info@arcataplayhouse.org. 822-1575.

FOR KIDS

Playgroup. 10 a.m. Discovery Museum, 501 Third St., Eureka. Playtime in the museum that provides children and families with great resources. Free. info@discovery-museum.org. discovery-museum.org. 443-9694.

MEETINGS

Kindergarten Admission. 6 p.m. Union Street Charter School. See Jan. 23 listing.

OUTDOORS

Nighttime Sounds in the Dune Forest. 6 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. Teal Demetrie-Richards shows you how to identify frog songs, owl calls and other sounds of the night. Wear warm clothing and bring a flashlight. RSVP. Free. info@friendsofthedunes.org. 444-1397.

ETC

Benefits and Obstacles to Short-Sea Shipping. Noon. Samoa Cookhouse, Samoa Road, Arcata. The Humboldt Bay Harbor Working Group hosts a panel discussion over lunch. \$12.95 for lunch. 441-1974.

30thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery. See Jan. 23 listing.

EVENTS

Savage Henry Comedy Night. 9 p.m. Six Rivers Brewery, Tasting Room & Restaurant, 1300 Central Ave., McKinleyville. 21 and over. \$5. 6rbmusicbooking@gmail.com. www.sixriversbrewery.com. 839-7580.

FOR KIDS

Young Discoverers. 10:30 a.m. Discovery Museum. See Jan. 23 listing.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery. See Jan. 23 listing.

Heads Up...

January is Coats for the Cold month. For a full list of donation locations, visit www.coatsforthe cold.org.

Friends of the Arcata Marsh and Redwood Region Audubon Society are sponsoring a Student Bird Art Contest for Godwit Days. The contest is open to kids in kindergarten through high school. Entries due March 28. www.godwitdays.org.

North Coast Children's Services Head Start and Early Head Start's door-to-door awareness campaign kicks off Jan. 27. 822-7206.

The Ink People are hosting a silent auction at the Brenda Tuxford Gallery (325 Second St. Eureka) throughout January, featuring art by Carl Muecke. 442-8413.

The City of Arcata Recreation Division presents a photo contest. Submissions due on Feb. 25. For submission details, visit www.cityofarcata.org.

Vendor and talent applications are now available for the Mateel Community Center's 38th annual Summer Arts and Music Festival. Applications are due March 11. ●

Tattoo Hue

Ready yourselves **Tuesday** at the **Van Duzer**, when the electrifying **Grupo Corpo** from Brazil takes the stage at 8 p.m. (\$45, \$25 kids). Building upon the rhythms of their Afro-Brazilian roots, these dancers are masterful technicians working with dance styles and influences layered one upon another: the expressive hips and staccato ribcages of Samba, the extensions and legs of ballet, and the sinuous torsos and fluid backs of modern dance, all on top of the speedy footwork of jazz dancers.

Founded by the Pederneiras brothers, choreographer Rodrigo, artistic director Paulo and technical director Pedro, Grupo Corpo is known for creating worlds for their dances with original musical and unique lighting, costumes and sets. The music for the first piece, "Sem Mim," is based on lyrics from "The Sea of Vigo" by medieval troubadour Martin Codax. Voluminous panels of fabric transform the stage into the sea, mountains, clouds, boats, fishing nets and dawns — a supple landscape for the push and pull of the dancers as they embody the motion of waves. Striking skin-tone unitards decorated with medieval symbols create the illusion that the stage is awash with naked, tattooed bodies.

"Ímã," meaning magnet, is the second piece. It moves furiously as the stage alternates between sparse and crowded, solos and smaller pairings constantly regrouping into large explosive sections. An electronic score by the trio +2, which travels from the bossa nova to '70s Afropop, is warmed by traditional cuica drum and ocarina, a ceramic flute. Ímã is a bright piece, with dancers clothed in Crayola colors and vibrant LED stage lights drenching the stage. It showcases the chops of company members, whose stylish nuances come across even when dancers are skittering at breakneck speeds and jumping into jaw-dropping lifts.

— Stephanie Silva



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Movie Times

Film times reflect the most current listings as of Tuesday afternoon. As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456

12 Years a Slave Fri-Thur: (3:15), 8:40
August: Osage County Fri-Thur: (12:10, 3:05), 6, 8:55
Dallas Buyers Club Fri-Thur: (12:05, 3), 5:50, 8:40
Devil's Due Fri-Thur: (2:45, 4:55), 7:20, 9:40
Frozen Fri-Thur: (12:45), 6:20
Gravity 3D Fri-Thur: (3:25), 9:15
Her Fri-Thur: (12), 5:05
The Hobbit: The Desolation of Smaug 3D Fri-Thur: 5:45
The Hobbit: The Desolation of Smaug Fri-Thur: (11:55a.m.)
I, Frankenstein Fri-Thur: (2:20), 7:05
I, Frankenstein 3D Fri-Thur: (12, 4:40), 9:30
Jack Ryan: Shadow Recruit Fri-Thur: (1:10, 3:50), 6:30, 9:10
The Legend of Hercules Fri-Thur: (12:50), 6:15
Lone Survivor Fri-Thur: (12:15, 3:10), 6:05, 9
The Nut Job 3D Fri-Thur: (11:50a.m.), 8:45
The Nut Job Fri-Thur: (2:05, 4:20), 6:35
Ride Along Fri-Thur: (1:55, 4:25), 6:55, 9:25
Saving Mr. Banks Fri-Thur: (3:20), 8:50
The Wolf of Wall Street Fri-Thur: (1:15), 8

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-2222

Anchorman 2: The Legend Continues Fri-Sun: (12:05, 2:55), 9:25;
Mon-Thu: (2:55), 9:25
Devil's Due Fri-Sun: (12:10, 2:30, 4:50), 7:10, 9:30;
Mon-Thu: (4:50), 7:10, 9:30
Frozen Fri-Sun: (12:35, 3:15); Mon-Thu: (3:15)
Gravity 3D Fri-Thur: (3:20), 9
The Hobbit: The Desolation of Smaug Fri-Sun: (11:55a.m.), 5:35;
Mon-Thu: 5:35
Jack Ryan: Shadow Recruit Fri-Sun: (1:25, 4), 6:35, 9:10;
Mon-Thu: (4), 6:35, 9:10
Lone Survivor Fri-Sun: (12:20, 3:10), 6:05, 8:55;
Mon-Thu: (3:10), 6:05, 8:55
The Nut Job 3D Fri-Thur: 8
The Nut Job Fri-Sun: (1:10, 3:30), 5:50; Mon-Thu: (3:30), 5:50
Ride Along Fri-Sun: (1:45, 4:15), 6:45, 9:15;
Mon-Thu: (4:15), 6:45, 9:15
Saving Mr. Banks Fri-Thur: 5:55, 8:45
The Wolf of Wall Street Fri-Thur: 5:40

Minor Theatre

1001 H St., Arcata, (707) 822-3456

Inside Llewyn Davis Fri: (4), 6:35, 9:10; Sat-Sun: (1:25, 4), 6:35, 9:10;
Mon-Thu: (4), 6:35, 9:10
Jack Ryan: Shadow Recruit Fri: (3:25), 6, 8:40;
Sat-Sun: (12:50, 3:25), 6, 8:40; Mon-Thu: (3:25), 6, 8:40
Nebraska Fri: (3:40), 6:20, 9; Sat-Sun: (1, 3:40), 6:20, 9;
Mon-Thu: (3:40), 6:20, 9

Fortuna Theatre

1241 Main St., (707) 725-2121

American Hustle Fri: (3:40), 6:40, 9:35;
Sat: (12:10, 3:40), 6:40, 9:35; Sun: (12:10, 3:40), 6:40;
Mon-Thu: (3:40), 6:40
Devil's Due Fri: (4:30), 7:20, 9:40; Sat: (1, 4:30), 7:20, 9:40;
Sun: (1, 4:30), 7:20; Mon-Thu: (4:30), 7:20
I, Frankenstein Fri: 6:45; Sat-Sun: (12, 2:15), 6:45; Mon-Thu: 6:45
I, Frankenstein 3D Fri-Sat: (4:30), 9; Sun-Thu: (4:30)
Jack Ryan: Shadow Recruit Fri: (4:10), 7:10, 9:45;
Sat: (12:45, 4:10), 7:10, 9:45; Sun: (12:45, 4:10), 7:10;
Mon-Thu: (4:10), 7:10
Lone Survivor Fri: (3:50), 6:40, 9:30; Sat: (12:30, 3:50), 6:40, 9:30;
Sun: (12:30, 3:50), 6:40; Mon-Thu: (3:50), 6:40
The Nut Job Fri: (4:50), 7, 9:05; Sat: (12:30, 2:40, 4:50), 7, 9:05;
Sun: (12:30, 2:40, 4:50), 7; Mon-Thu: (4:50), 7

Garberville Theatre

766 Redwood Drive, (707) 923-3580

Saving Mr. Banks Fri-Tue: 7:30; Wed: 6:30; Thur: 7:30

FILMLAND



OF COURSE I'VE TRIED TURNING IT OFF AND ON AGAIN.

New Recruit

Red-blooded American spy fun

By Jennifer Fumiko Cahill

filmland@northcoastjournal.com

Reviews

JACK RYAN: SHADOW RECRUIT. It's been 24 years since novelist Tom Clancy's hero Jack Ryan debuted on the big screen with young Alec Baldwin in the cold war submarine thriller *The Hunt for Red October*. Harrison Ford's iconic portrayals in *Patriot Games* and *Clear and Present Danger* gave way to a wobbly Ben Affleck in *The Sum of All Fears*, and now the torch/briefcase is passed to Chris Pine (also firmly franchised as the new Captain Kirk), whose Ryan must foil a Russian plot to thrust the United States into a depres-

sion. If you can roll with the shift in casting and the prequel's do-over timeline, *Shadow Recruit* keeps the fun and the action of the franchise alive.

The film starts slowly, with grad student Ryan abandoning his dissertation at the London School of Economics to join the Marines after 9/11. A chopper crash in Afghanistan lands him in rehab, where he's coached back to fighting shape by future wife Cathy (a shockingly American Keira Knightley) and recruited into the CIA by his stoic mentor Harper (Kevin Costner). Ryan's covert duties quickly evolve from analyzing financial data to hopping a flight to Moscow for gunplay, high-tech B 'n' E and car chases with creepily focused villain Viktor Cherevin, played by director Kenneth Branagh.

Shadow Recruit is, despite its high-rise and high-finance backdrop, an old-fashioned spy thriller. Branagh and his cast are tasked with making data mining exciting, and making trading as sinister as pulling a grenade pin, which they manage with lots of handheld camerawork and Branagh's glowering mug. But Ryan isn't chained to his laptop, and once people start shooting at him in Moscow, the movie picks up speed. Sure, sifting through files while the bad guys approach has been done, but it's great fun, as are the car chases against the backdrop of onion domes and downtown

New York. Special effects take a backseat to good choreography of messy fighting, and the CIA's most impressive caper is the swift cleaning of a trashed hotel room. Putting bird-boned Knightley in the shallow clutches of the villain isn't a new trick either (though energy-efficient light bulbs are newly terrifying), but Ryan isn't exactly a new hero.

Jack Ryan is America's James Bond, with a revolving cast of actors keeping him ageless as he battles the enemy of the moment — in this case, the two-headed beast of terrorism and market manipulation. While Bond embodies the British stiff upper lip, style and loyalty to the crown, Ryan's modest heroism, whole-some devotion to his girl and nonpartisan patriotism suit American ideals. As Ryan says early on, we aren't supposed to like the CIA, what with all the waterboarding and such. But Pine, who doesn't look like much of a movie star with his bushy brows and knobby features, is easy to root for. He wisely takes a page from Harrison Ford's playbook and lets Ryan's panic and pain come through. These days, who can trust a CIA agent whose hands aren't shaking a little? PG13. 105m.

Previews

I, FRANKENSTEIN. Come on. If Abraham Lincoln can hunt vampires, Frankenstein's monster can battle gargoyles and demons. Right? With attractively scarred Aaron Eckhart and Bill Nighy in a graphic novel adaptation. PG13. 93m.

Continuing

12 YEARS A SLAVE. Chiwetel Ejiofor is a free-born American sold into slavery in this crushing period piece based on a true story. With a sinister Michael Fassbender. R. 134m.

ANCHORMAN 2: THE LEGEND CONTINUES. Will Ferrell and his street-fighting news team keep it classy and skewer info-tainment. Goofy fun that's mustache and shoulder pads above the competition. PG13. 119m.

AUGUST: OSAGE COUNTY. Julia Roberts scraps with her pill-popping mother Meryl Streep in the screen adaptation of Tracy Letts' play about a dysfunctional Midwestern family. R. 121m.

DALLAS BUYERS CLUB. Matthew McConaughey sacrifices his abs and gives a top-notch performance as an ailing, HIV-positive bull rider who smuggles treatment drugs. With Jared Leto. R. 117m.

DEVIL'S DUE. The honeymoon is over

MOVIES

Jan. 24 - Jan. 29

Fri Jan 24 - The Big Lebowski (1998)
Doors at 7:30 p.m., \$5, Rated R

Sat Jan 25 - Random Acts Of Comedy,
Doors at 7:30 p.m., \$6, 10 yrs+

Sun Jan 26 - Despicable Me 2 (2013)
Doors at 5:30 p.m., \$5, Rated PG

Wed Jan 29 - Sci Fi Night ft.
Raiders of Atlantis (1983)
Doors at 6 p.m., Rated R, Free

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NOW PLAYING

when a young couple finds themselves pregnant with demon spawn. R. 89m.

FROZEN. Kristen Bell voices a girl who braves the snow to save the kingdom from her sister's frosty spell. Standard Disney Princess fun with a Josh Gad as a slap-sticky snowman. PG. 108m

GRAVITY. Sandra Bullock and George Clooney are adrift in space. It's the best of sci-fi with a real human story. PG13. 90m.

HER. What if HAL crossed with Siri and sounded, you know, hot? Joaquin Phoenix is an introverted writer who falls in love with his upgrade. Like the relationship, it feels surprisingly real. R. 126m.

THE HOBBIT: THE DESOLATION OF SMAUG. Impressive beards and exciting action as Bilbo and the dwarves go after a treasure-hoarding dragon. Director Peter Jackson ups his game with this sequel. PG13. 161m.

INSIDE LLEWYN DAVIS. The Brothers Coen tour the folk scene in 1961 Greenwich Village through the eyes of a less than likeable, struggling singer. More impressive than entertaining. R. 105m.

THE LEGEND OF HERCULES. *Twilight* alum Kellan Lutz gets a tan and hits the gym for a fantasy origin story of the demigod hero. PG13. 99m.

LONE SURVIVOR. A Navy SEAL team mission in Afghanistan goes sideways leaving Mark Wahlberg and Emile Hirsch between the rocks and the Taliban. Gripping and heartbreaking. R. 121m.

NEBRASKA. Gin-blossomed Bruce Dern hits the road with his estranged and skeptical son in pursuit of supposed sweepstakes winnings. Finely done. R. 115m.

THE NUT JOB. An urban squirrel voiced by Will Arnett attempts to rip off a nut store. With Brendan Fraser, Liam Neeson and Katherine Heigl. PG. 86m.

RIDE ALONG. Ice Cube is a scowling cop with plans to terrify his sister's mouthy fiancé, Kevin Hart, by taking him on patrol. R. 89m.

SAVING MR. BANKS. Tom Hanks and Emma Thompson bring engaging characters and affecting drama to what might have been merely Disney propaganda. PG13. 125m.

THE WOLF OF WALL STREET. A raucous cautionary tale of greed, girls and schadenfreude with Leonardo DiCaprio as double-breasted douchebag Jordan Bel-fort, a self-made '80s stock tycoon who runs afoul of the Feds. R. 180m.

—Jennifer Fumiko Cahill

workshops & CLASSES

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Arts & Crafts

CORSET MAKING. Learn to sew a corset that fits! Victorian, Renaissance, Steampunk, or just plain Sexy, this class is for you! Sat & Sun, Feb 22 & 23, 10 a.m. - 5 p.m. Eureka Fabrics 412 2nd Street, Eureka \$120 pattern included (707) 442-2646 eurekafabrics@me.com - www.eurekafabrics.com (AC-0130)

EXPERIMENTAL DRAWING WITH JULIE MCNIEL, MFA. New Sat. classes begin March 7 at Eureka Studio Arts. Study with an experienced teacher & award-winning artist at this new studio school in downtown Eureka. Register now at: www.eurekastudioarts.com (AC-0213)

INTRODUCTION TO GLASS FUSING. Joele Williams, Sat., Feb 8, 10 a.m. - noon. Learn the basics of glass fusing while creating a unique work of art in this one day introductory workshop. Create a 6" square plate or tile. No experience or cutting required. \$35 (\$15 material fee) 520 South G St. Arcata, (707) 826-1445, www.fireartsarcata.com. (AC-0130)

TEXTILES IN ARCHAEOLOGY, CULTURE & HISTORY. An introduction to the historical, archaeological and cultural significance of the development & evolution of textiles, looking at textile technologies throughout Europe & the Mid-East. Students will use tools found in the archaeological record, including a warp weighted loom, to produce samples. With Barbara Klessig. Tues./Thurs., Feb. 4-20 (plus one optional Sat. workshop for credit option); 5-7 p.m. Fee: \$60. \$50 additional for optional 1 unit of credit in ANTH 328. To register, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (A-0123)

Communication

MEMOIRS: CAPTURING YOUR LIFE STORY. Everyone has a story—what's yours? Tues's. Feb. 4th-25th. 4:30-6 p.m. Fee \$49. College of the Redwoods Community Education at 525 D Street, Eureka. Call 707.269.4000 to register. (CMM-0123)

CR PLUS: THE JOY OF NOT WORKING: Retirement Redefined! Creative and energetic living is not restricted to the young. Using Ernie Zelinski's funny and insightful book, *The Joy of Not Working*, class will address the myths & facts of Retirement. Tues's. Feb. 4th-25th. 6:30-8 p.m. Fee \$49. College of the Redwoods Community Education, 525 D St., Eureka. Call (707) 269-4000 to register. (CMM-0123)

DOUBTS ABOUT GOD ADDRESSED AT LIFETREE CAFÉ. What happens to religious faith when hard times come will be explored Sun., Jan. 26, 7 p.m. Lifetree Cafe is located at the Corner of 13th and Union, Arcata. "Where Is God When Life Turns Tough?" features the filmed story of John Stumbo, a healthy ultra-marathoner who was suddenly attacked by an undiagnosable, life-threatening illness. Participants will discuss what happens to faith in the face of disappointment and disaster. Questions about Lifetree may be directed to Bob at 707 672 2919 or bobbipert@hotmail.com (CMM-0123)

Computer

INTRO TO ADOBE INDESIGN. Intro to Adobe Illustrator CS5. Learn the drawing program used to create logos, technical & free-form illustrations, banners, posters, web graphics & more. With Annie Reid. Mon./Wed., Feb. 17-March 3, 6:30-9 p.m. Fee: \$135. Pre-registration required. To register, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended (CMP-0206)

Dance/Music/Theater/Film

BEGINNING STEEL DRUM. Mon. evenings, Jan. 6-27, 7-8 p.m. and Fri. mornings, Jan 3-31, 11:30 a.m.-12:30 p.m. Fee: \$50. Pan Arts Network 1049 Samoa Blvd. (707) 407-8998. info@panartsnetwork.com (DMT-0123)

DANCE WITH DEBBIE: LEARN THE VERSATILE & FUN WEST COAST SWING. Tues and Thurs in January at North Coast Dance Annex: \$80/person starting Jan 2, 7 p.m.-8 p.m. beginners, 8 p.m.-9 p.m. Intermediate. Drop-ins please call first. Private lessons also available. (707) 464-3638 debbie@dancewithdebbie.biz www.dancewithdebbie.biz (DMT-0130)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-0130)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, 616-6876. (DMT-0327)

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continued on next page ►

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CARDIO TENNIS. Free classes for the rest of Jan. No exp. nec. Hit balls & move to music. High energy fun. Mon through Fri 9 a.m. & Wed. 6 p.m. Eureka Indoor Tennis Club. Marsh (530) 902-4088.

DANCE-FIT. Dance, aerobics & strength training all in one class! Mon., Wed. & Fri. 9-10 a.m. First class is free. Drop in for \$5 per class or 14 classes for \$55. No Limits tap & jazz studio, corner of 10th & K st. Arcata. 825-0922. (F-0130)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout, and a very chill environment. Ages 8 and up. 1459 M St., Arcata. Contact Justin (707) 601-1657 text or phone, or email northcoastfencingacademy@gmail.com (F-0417)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids and adults, child care, fitness gym, and more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0327)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. & Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/ \$4 Grange members. Every Tues. & Thurs Vector Pool, Aqua Zumba 9:15 a.m. (3289 Edgewood Rd, Eureka). Every Tue. at Trinidad Town Hall 12 p.m. & every Thur. at Eureka Vets Hall 12 p.m. Marla Joy (707) 845-4307. marlajoy.zumba.com (F-0130)

ZUMBA WITH MIMI. Dance fitness to Latin & Pop music, sure to leave you sweaty and smiling! Mon, Wed. & Fri. 9:30 a.m. at Redwood Raks World Dance Center, Old Creamery Building, Arcata. \$5 class or \$50 for 11 class pass. First class free! (F-0130)

Home & Garden

KLAMATH KNOT PERMACULTURE DESIGN COURSE. Earn a Permaculture Design Certificate and learn ecological design, natural building, forest farming, mushroom production, greywater design, rainwater catchment and more in this extended course. (530) 627-3379 mail@sandybar.com, www.klamathknot.com (HG-0417)

ORGANIC GARDENING: FROM THE BACKYARD TO THE KITCHEN TABLE. Gain knowledge and confidence for a lifetime of successful food gardening. Instructor: Eddie Tanner. Tuesdays, Feb. 11-March 11 (6:30-8:30 p.m.) plus Sun., March 16 (10 a.m.-1 p.m.). Fee: \$62 (includes materials). Pre-registration required. To register, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (G-0130)



northcoastjournal

Kids & Teens

REDWOOD MUSIK GARTEN: Music classes for children Newborn - 5 years with parents. Develop a strong musical bond with your child. Enhance their musical aptitude & listening abilities through singing, chanting, movement, dancing and playing instruments. Winter Session beginning Jan. 23rd Thursdays, D street Neighborhood Center, Arcata. For more information or to register contact Arcata Recreation Division 735 F St, 822-7091. (K-0123)

THE STUDIO SCHOOL. Art classes for kids ages 5-18 are held Sat., Feb. 8-March 29. "Creating the History of Art" with instructor Donovan Clark. Sponsored by the College of eLearning & Extended Education and the Art Dept. at Humboldt State University. Fee: \$95 per student. To register, call 826-3731. For more information, call 826-3819 e-mail studios@humboldt.edu or visit www.humboldt.edu/studioschool. (K-0130)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0130)

BATS! Find out more about these incredible winged mammals and their contribution to the health of the environment. Dispel myths and learn about the gentle, friendly and beneficial bat! With Louise Bacon-Ogden. Thursday, Feb. 6, 6-8 p.m., \$30/OLLI members, \$55/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli. (O-0130)

BOOK ARTS: THIS BOOK IS A STAR! This spectacular book, when closed, looks like any other book, but when it is opened the pages pop out and form a star. With Michele Olsen. Tuesday, Feb. 4 and Thursday, Feb. 6, 1-4 p.m. \$55/OLLI members, \$80/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880. (O-0130)

BRAIN HEALTH. Gain a better awareness of how your brain is affected by what you do on a day to day basis. Develop greater knowledge to make healthy choices for your brain. With John Yamas. Mondays, Feb. 3-10, 6-8 p.m. \$45/OLLI members, \$70/nonmembers. OLLI: www.humboldt.edu/olli 826-5880. (O-0130)

CONTRACT BRIDGE FOR BEGINNERS. Learn the rules and tools to enable you to completely play the game: point counts, bidding, scoring, and playing the hands. With Robert Fornes. Wednesdays, Feb. 5- March 12, 10:00 a.m.-noon, \$75/OLLI members, \$100/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0130)

CONTRACT BRIDGE FOR INTERMEDIATES. Learn more about playing and defending in a trump or no-trump contract and clarify many complex bidding issues. With Robert Fornes. Wednesdays, Feb. 5- March 12, 2-4 p.m., \$75/OLLI members, \$100/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880. (O-0130)

DISCOVERING YOUR VOICE: BECOMING A POET. Read works by recognized poets and examine them both for inspiration and clues to technique for our own writing. This poetry class welcomes writers at any level. With Pat McCutcheon. Thursdays, Feb. 6-27, 2-4 p.m., \$65/OLLI members, \$90/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880. (O-0130)

GROSS STEEL: Carnegie, Jones, and Frick and the 19th American Industry. Explore production, management, and financing of gross steel - the material that bridged chasms, changed city skylines and precipitated world wars. With Tom Gage. Tuesdays, Feb. 18-March 11, 1-3 p.m., \$65/OLLI members, \$90/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0206)

INTRODUCTION TO GENTLE YOGA. Designed for the very beginning yoga student or anyone who has been away from yoga for a few years. With Patricia Starr. Tuesdays, Feb. 4-18, 1:30-3 p.m. \$50/OLLI members, \$75/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0130)

INTRODUCTION TO STEEL DRUMS. Learn to play the steel drums with Kate Lang-Salazar in this fun and enriching class! No previous musical training required. Fridays, Feb. 7- Feb. 28, 11:30 a.m.-12:30 p.m. \$50/OLLI members, \$75/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0130)

LITERATURE OF SLAVERY. Join in a thoughtful conversation about slavery in America, as seen in literature. With Marie Raphael. This class is held in Garberville. Wednesday, Feb. 5, March 5, April 2, May 7, 14, 6-8 p.m. \$75/OLLI members, \$100/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880, (O-0130)

MEMOIR: WRITING YOUR LIFE STORY. Explore and write about pivotal experiences that shaped your life through review, reflection and assessment. Choose one of two sessions taught by Sharon Ferrett. In McKinleyville on Tuesdays, Feb. 11-March 4 from 10-11 a.m. or in Eureka, Thursdays, Feb. 13-March 6 from 10-11 a.m. \$40/OLLI members, \$65/nonmembers. OLLI: www.humboldt.edu/olli 826-5880, (O-0206)

PAINTING WITH OIL. Find the artist within you. Learn how to see beyond what is before your eyes and bring what you see into a painted piece of art. Open to all ability levels. With Jarrett Smith. Fridays, Feb. 7- March 14, 1-3 p.m., \$50/OLLI members, \$75/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli. (O-0130)

PILATES PLUS FOR OLLI. Build a stronger, healthier body. Improve posture, balance and flexibility with the elegant and flowing movements of Pilates. With Joanne Fornes. Wednesdays, Feb. 5- March 12, 10:30 a.m.-noon, \$70/OLLI members, \$95/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880, (O-0130)

SHIFTING SANDS: THE DYNAMICS OF HUMBOLDT BAY DUNES AND BEACHES. Explore the geologic processes that have shaped the landscape, where the sand comes from, how it moves, and how it influences patterns of vegetation. With Mary Ann Madej and Carol Vander Meer. Tuesdays Feb. 11-18, 1-3 p.m., \$65/OLLI members, \$90/nonmembers. OLLI: www.humboldt.edu/olli 826-5880, (O-0206)

TAI CHI MADE EZ. Learn a short version of Tai Chi made up of simple, smooth, circular movements designed to stretch, limber, tone & strengthen the body. With Glenda Hesseltine. Mondays, Feb. 3-Mar. 10. 3-4 p.m. \$70/OLLI members, \$95/nonmembers. OLLI: www.humboldt.edu/olli, 826-5880. (O-0130)

TAKE IT SLOW, TAKE THE TRAIN. Learn the ins and outs of preparing for train trips including secrets of packing, ordering tickets, sleeping and dining. With Louise Bacon-Ogden and Dave Ogden. Thursday, Feb. 13, 2-4:30 p.m. or Thursday, Feb. 20, 5:30-8 p.m., \$30/OLLI members, \$55/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0206)

THE GRAND JURY, DEMOCRACY'S WATCHDOG. Learn how jurors are selected, how investigations are conducted, and how public reports are developed, with emphasis on Humboldt County. With Diane Lehman. Thursdays, Feb. 13-20, 10 a.m.-noon, \$40/OLLI members, \$65/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0206)

WRITING AS A SPIRITUAL JOURNEY. Allow your writing practice to be an adventure into surprising and unexplored territory. With Bonnie Shand. Tuesdays, Feb. 4- March 11, 1-3 p.m. \$80/OLLI members, \$95/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0130)

GENTLE YOGA. Learn yoga with focus on both floor and standing poses for strength, balance and flexibility at any age. With Patricia Starr. Mondays, Feb. 3-24, 1:30-3 p.m. \$65/OLLI members, \$90/nonmembers. OLLI: www.humboldt.edu/olli 826-5880, (O-0130)

YOGA IN FERDALE. Join Laurie Birdsall to increase health, strengthen and stretch your muscles, improve your posture, and flexibility in body and mind. Tuesdays, Feb. 11-March 4, 10-11 a.m., \$40/OLLI members, \$65/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli (O-0206)

Spiritual

ARCATA ZEN GROUP MEDITATION. Arcata & Eureka. Beginners welcome. ARCATA: Sun's 7:55 a.m. At NorthCoast Aikido on F Street (entrance in alley between 8th and 9th, upstairs). Call 826-1701 or visit arcatazengroup.org. EUREKA: Wed's 5:55 p.m., 730 K Street upstairs. Call 845-8399 or barryevans9@yahoo.com. (S-0327)

KDK ARCATA BUDDHIST GROUP. Under the direction of Lama Lodru Rinpoche. We practice Tibetan meditation, followed by discussion. All are welcome. For more info contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com. Sun's 6 p.m. Community Yoga Center 890 G St, Arcata. Our webpage is www.kdkarcatagroup.org (S-0130)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0130)

TIBETAN BUDDHIST SCHOLAR KHENTRUL LODRO THAYE RINPOCHE. Will be teaching on "The Precious Garland of Four Dharmas by Longchenpa, Part II" Feb 1st and 2nd, 2014, Sat.-Sun., 10 a.m.-noon, & 2-5 p.m. at Bayside Grange 2297 Jacoby Creek Rd., Bayside, CA. Suggested donation \$80 for the week-end. All are welcome. No one will be turned away for lack of funds. For more information call Chris or Caroline 826-2340, or email us at lovingsunshine@msn.com (S-0130)

Therapy & Support

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS ? Confidential help is available. 825-0920 or 845-8973, saahumboldt@yahoo.com or (TS-0130)

NICOTINE ADDICTION RECOVERY MEETINGS. Mon's, 7-8 p.m., at American Cancer Society Conference Rm., 2942 F St., Eureka, for details call local Nicotine Anonymous affiliate (707) 499-0224. (T-0410)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon.s 6:30 p.m.-7:45 p.m., at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-0130)

Vocational

PILOT CONTINUING EDUCATION PROGRAM FOR MASSAGE PRACTITIONERS. 30 hr Integrative Reflexology Course for LMT/CMP. Learn the techniques and benefits of adding reflexology to your massage practice. Starts Sat. Feb 22. For more info and to register call Alexandra at the Center for Reflexology & Intuitive Healing Arts (707) 822-5395 www.reflexologyinstruction.com (V-0220)

HOW TO PREPARE FOR THE GRE. Applying to grad school? Learn how to effectively prepare to take the math and verbal sections of the GRE in this instructor-coached course. Take practice tests in class, and get a workbook and 6 months of online tools to continue your GRE preparation. With Tami Matsumoto and Ilza Hakenen. Sat., Feb. 1-22, 9 a.m.-5 p.m. Fee: \$395 (includes materials). Pre-registration required. To register, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (V-0123)

INJECTIONS. Sat. Feb 8th. 8 a.m. - 6 p.m. Fee \$100. Located at CR Main Campus AT 104. Call (707) 269-4000 to register. (V-0123)

NOTARY. Fri. Feb. 14th. 8am-6pm. Fee \$105 at registration plus \$40 on the day of exam. College of the Redwoods Community Education at 525 D Street, Eureka. Call (707) 269-4000 to register. (V-0123)

SERVSAFE CERTIFICATE. Tues. Feb. 4th. 8:30am-5pm. Fee \$175. CR Community Education, 525 D St., Eureka. Call (707) 269-4000 to register. (V-0123)

VENIPUNCTURE. Sun. Feb. 9th. 8 a.m.-6 p.m. Fee \$100. Located at CR Main Campus AT 104. Call (707) 269-4000 to register. (V-0123)

Wellness & Bodywork

AYURVEDIC SELF-CARE & COOKING IMMERSION. Learn: Nutrition, Herbs, Yoga, Self-Care, Colors, Spiritual Philosophy, Vedic Chants, Meditation, Aromatherapy, Traditional Diagnostics, Massage. "Ayurvedic Self-Care & Cooking Immersion" Feb. 14-16 and/or Feb. 28-March 2, Serves as Prerequisite to 10-Month "Ayurvedic Wellness Program", Starts March 14, Part 1 of 3-Part "Ayurvedic Practitioner Program" (includes 10-Month Ayurvedic Herbalist Program & Clinical Internship). 1 weekend/month, www.ayurvedicliving.com, (707) 601-9025. (W-0213)

BREATHING LESSONS give you an experience of learning to relax no matter what is happening in your life. Whether to increase your energy or come to peace with an upset. Conscious Breathing is safe and easy to learn. Seminar, Sat. Feb. 1, 10-11:30 a.m. Fee: \$49, includes 2 private sessions. Pre-register at 707.822.5449 or see www.Humboldt-Rebirthing-Breathwork.com (W-0123)

FREE REFLEXOLOGY WORKSHOP! Saturday, Feb. 1, 10 a.m.-12 p.m. Learn basic techniques & health benefits of reflexology. For more info and to register call Alexandra at the Center for Reflexology & Intuitive Healing Arts (707) 822-5395 www.reflexologyinstruction.com. (W-0130)

DANDELION HERBAL CENTER. 10 Month Herbal Studies Program, Feb.- Nov. 2014, meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Beginning with Herbs, Jan. 15-March 5, Wed. Evening 7 p.m.-9:30 p.m., at Moonrise Herbs, 826 G St, Arcata. Includes 2 Herb Walks: Dandelion Herbal Center, Sun, Jan. 26, 1-3:30 p.m. and Trinidad Head, Sun. Feb. 9, 1 p.m.-3:30 p.m. Register online www.dandelionherb.com or call (707) 442-8157. (W-0123)

INTRO TO THE HEALING ARTS OF EMEI QIGONG. Conscious exercising methods allow one to reach an optimal physical, mental and emotional state. With John Yamas. Tues., Feb. 4-March 11, 7-8:30 p.m. Fee: \$55. Pre-registration required. To register, call HSU College of eLearning & Extended Education at 826-3731 or visit www.humboldt.edu/extended. (W-0123)

NEW YEAR, NEW BODY ROLFING SPECIAL. 50% off first session and free body analysis! (541) 251-1885 (W-0130)

START YOUR CAREER IN MASSAGE THERAPY. Daytime classes begin January 21, 2014 at Arcata School of Massage. 650-Hour Therapeutic Massage Certification in California, and the National Exam. Our comprehensive program prepares your body, mind and heart to become a caring, confident professional massage therapist. Call 822-5223 for information or visit arcatamassage.com (W-0130)

YOU CAN HAVE FREEDOM FROM JEALOUSY! Discover how to feel safe when jealous feelings arise; Learn effective ways of re-directing your fears and build a more peaceful relationship. 4 Tues. evenings, 6:30-8 p.m. beginning Feb. 4, Arcata. Limited to 4. \$100 paid by Jan. 31; \$125 thereafter. Info: Susan Deschenes, (707) 822-5449 or susan_deschenes@yahoo.com (W-0130)

YOGIC LIVING IMMERSION. Dive into all things yoga: alignment, philosophy, meditation, pranayama, Ayurveda, yogic communication and more. 4 or 6, Arcata weekends starting Feb. 7, with Robyn Smith and Patrick Harestad. innerfreedomyoga.com. (707) 440-2111. (W-0130)

YOGA TEACHER TRAINING. Learn to share Anusara yoga with great skill and confidence. Emphasis on alignment, heart themes, philosophy, therapeutics. Starting Feb. 7, with Immersion required. innerfreedomyoga.com, (707) 440-2111

JANUARY YOGA SPECIALS. 6 classes for \$50 or 12 for \$95. Good for anybody new to Inner Freedom Yoga. At The Community Yoga Center, 890 G St., Arcata. Details at www.innerfreedomyoga.com.

From sushi to sandwiches, we've got you covered.

thejournal
OF POLITICS, PEOPLE AND ART

MENU of MENUS

www.northcoastjournal.com

CROSSWORD By David Levinson Wilk

1	2	3	4	5		6	7	8	9		10	11	12	13
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62						63					64			
65						66					67			

SENORES • ANSWERS NEXT WEEK!

ACROSS

1. It may be rapped
6. Whizzed through
10. Goes back to sea?
14. City known for its Heat
15. "Bust a ____" (1989 Young MC hit)
16. Get one's ducks in ____
17. Fue uno de los presentadores más populares de la televisión norteamericana
19. Words before and after "or not"
20. Brooklyn NBAer
21. Gray
22. Barbera's partner in animation
23. Gobernador de Nueva York desde 2007 a 2008
27. "Happy Days" hangout
30. Draw upon
31. "How disgusting!"
32. Incessantly
33. Dishcloth
34. It airs episodes of "Episodes," briefly
35. "Man, that hurts!"
36. 17-, 23-, 49- and 58-Across collectively or each of these answers individually
40. Oozy road material
41. Allows
42. Monitor option, briefly
43. Tony, e.g.
45. Tip for a writer?
46. 1994 book "____ & Woody"
47. Monopolizes
49. El arquitecto del Arco Gateway
52. Looking at
53. Sch. with a Mesa campus
54. Boardroom VIP
57. Ang and Spike
58. Fue nominado al Globo de Oro como mejor actor de reparto por su papel en "Mask"
62. Call at home plate, maybe
63. It gets flatter as it gets older
64. Former Disney chief Michael
65. Formerly, once
66. Flower in a pocketful
67. In the doldrums

DOWN

1. Gangster film extras
2. Gofer
3. Like the ocean
4. Big bird
5. Epithet for many a rapper
6. Buddies
7. Desire in the worst way
8. Bond girl Green of "Casino Royale"
9. Place to play video games
10. Vex
11. Military decoration
12. TV icon who plays Professor Proton on "The Big Bang Theory"
13. They can't be printed here
18. Installed, as brick
22. Trendy
23. Ages
24. Degr. from Yale and Harvard
25. Symbol in the center of a Scrabble board
26. Summon
27. "No more takers?"
28. 1996, for Derek Jeter
29. CNN offerings
33. Wand
37. Director Kazan
38. Final Four org.
39. Wise soul
44. Pallid
46. Flavor enhancer
47. Spain's Bay of ____
48. Unpleasant duty
50. Dawn
51. Busts
54. Hair accessory
55. Suffix with luncheon
56. Sharon Osbourne's husband
58. Eerie gift
59. Pooh pal
60. Twain boy
61. Lacto-____ vegetarian

LAST WEEK'S ANSWERS TO ROCK

L	A	G	E	R		P	O	P	S		A	S	S	T
O	C	R	E	A		E	L	I	E		C	I	I	I
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O	F	T				L	E	E			S	P	O	O
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N	E	A	R				R	O	C	K	O	F	A	G
B	E	R	T				A	O	K	I		C	N	O
A	N	D	S				S	O	O	N		C	A	N

su | do | ku © Puzzles by Pappocom VERY EASY #25

	9	6		5		7	2	
4				3				1
5	3			8	2		9	
	1			7		3	9	
				5		2		
	8	5		1			6	
		7		9	4		8	2
1					6			7
	2	8		3		4	1	

www.sudoku.com

NOTICE OF PUBLIC AUCTION ON
FEBRUARY 22nd – 25TH, 2014 OF
TAX-DEFAULTED PROPERTY FOR DELINQUENT TAXES
Made pursuant to Revenue and Taxation Code Section 3702

On, December 10, 2013, I, John Bartholomew, Humboldt County Tax Collector, was directed to conduct a public auction sale by the Board of Supervisors of Humboldt County, California. The tax-defaulted properties listed below are subject to the Tax Collector's power of sale and have been approved for sale by a resolution dated December 10, 2013 of the Humboldt County Board of Supervisors.

The sale will be conducted at www.bid4assets.com, from February 22nd through February 25th, 2014 as a public auction to the highest bidder for not less than the minimum bid as shown on this notice.

All property is sold as is. Research the item prior to bidding. Due diligence is incumbent on the bidder. The winning bidder is legally obligated to purchase the item.

Only bids submitted via the Internet will be accepted. Pre-registration is required. Register on-line at Bid4Assets.com by February 18, 2014. Bidders must submit a refundable deposit of \$2,500.00 electronically, or by certified check or money order at www.bid4assets.com. The deposit will be applied to the successful bidder's purchase price. Full payment and deed information indicating how title should be vested is required within 48 hours after the end of the sale. Terms of payment are limited to wire transfers, certified checks or money orders. A California transfer tax will be added to and collected with the purchase price and is calculated at \$.55 per each \$500 or fraction thereof.

The county and its employees are not liable for the failure of any electronic equipment that may prevent a person from participating in the sale.

The right of redemption will cease on Friday, February 21st, 2014, at 5 p.m. and properties not redeemed will be offered for sale. If the parcel is not sold, the right of redemption will revive and continue up to the close of business on the last business day prior to the next scheduled sale.

If the properties are sold, parties of interest, as defined in California Revenue and Taxation Code Section 4675, have a right to file a claim with the county for any excess proceeds from the sale. Excess proceeds are the amount of the highest bid in excess of the liens and costs of the sale that are paid from the sale proceeds.

More information may be obtained by contacting the Tax Collector at www.co.humboldt.ca.us/taxcolt/ or by calling (707) 476-2450 or toll free at 877-448-6829.

PARCEL NUMBERING SYSTEM EXPLANATION

The Assessor's Assessment Number (Parcel No.), when used to describe property in this list, refers to the assessor's map book, the map page, the block on the map (if applicable), and the individual parcel on the map page or in the block. The assessor's maps and an explanation of the parcel numbering system are available in the Assessor's Office.

The properties subject to this notice are situated in Humboldt County, California, and are described as follows:


*Some item numbers may be missing due to redemption of taxes or withdrawals.

ITEM NO.	ASSESSOR'S ASSESSMENT NO.	ASSESSEE'S NAME	MINIMUM BID
1	001-066-001-000	FB Squires Family Trust	\$91,000.00
2	001-066-007-000	Squires, Floyd E III & Betty J	\$16,500.00
3	009-122-005-000	Squires, Floyd E III & Betty J	\$11,400.00
4	010-042-014-000	Geier, Kimberly J	\$10,700.00
5	040-091-009-000	Meyers, Eric	\$10,300.00
6	053-221-003-000	Shields, Eddie L	\$43,000.00
7	095-011-003-000	Haven, Daniel M	\$11,300.00
8	109-061-024-000	Kelly, Elizabeth	\$6,200.00
9	109-071-012-000	Shah, Dinesh	\$5,400.00
10	109-071-018-000	Haisten, Miles S & Vicky J	\$5,000.00
11	109-071-033-000	Acorn Mortgage & Financial Services Inc	\$5,300.00
12	109-081-033-000	Mendez, Marisol	\$3,400.00
13	109-081-048-000	White, Gary S	\$5,000.00
14	109-091-003-000	Trappen, Kenneth J	\$6,300.00
15	109-101-008-000	Lyday, Michael A & Aaron-Lyday T K	\$6,200.00
16	109-101-030-000	Trent, Christopher	\$8,100.00

ITEM NO.	ASSESSOR'S ASSESSMENT NO.	ASSESSEE'S NAME	MINIMUM BID
17	109-121-006-000	Phillips, John A & Eleanor	\$4,600.00
18	109-131-013-000	Dellabruna, Arthur & Veronique	\$4,300.00
19	109-131-057-000	Jacobsen, Michael M	\$7,600.00
20	109-131-065-000	Hamidi, Usmar M	\$5,300.00
21	109-141-014-000	Gunkel, Philip M	\$4,700.00
22	109-141-015-000	Gunkel, Philip M	\$4,700.00
23	109-182-018-000	McCrary, Michael W & Elizabeth H	\$8,400.00
24	109-182-019-000	McCrary, Michael W & Elizabeth H	\$9,000.00
25	109-182-052-000	Elder Development Inc	\$9,600.00
26	109-182-064-000	Etter, Cassidy & Bettye P	\$10,300.00
27	109-191-026-000	Oquinn, Gary	\$13,900.00
28	109-193-015-000	Cone Jr, Merrill M	\$4,600.00
29	109-202-049-000	Elder Development Inc	\$11,700.00
30	109-211-003-000	Rebello, Tony W & Silva, Rosemary A	\$5,300.00
31	109-221-010-000	Onishchenko, Vitaly & Irina	\$4,900.00
32	109-221-022-000	Dervin, Kathleen A	\$2,800.00
33	109-231-031-000	Jacobs, Lea D & Casper II Ken	\$8,000.00
34	109-241-004-000	Equity Trust Company Cust Christopher M Weston Sr FBO	\$5,700.00
35	109-241-005-000	Equity Trust Company Cust Christopher M Weston Sr FBO	\$5,900.00
36	109-291-006-000	May, Charles H & Patricia L	\$11,300.00
37	109-291-023-000	Lincoln Trust Company/Jeff Ryan FBO	\$11,600.00
38	109-292-047-000	Pham, Chau N	\$8,500.00
39	109-301-005-000	Deocampo, Ana E	\$9,100.00
40	109-302-047-000	Keathley, Irma	\$5,500.00
41	109-311-030-000	Pham, Chau N	\$5,100.00
42	109-321-022-000	White, Steven H & Millie L	\$4,200.00
43	109-341-017-000	Kanally, Don J & Miller, Mildred E	\$5,500.00
44	109-362-005-000	Foxy Avenue Clips, Inc	\$27,600.00
45	110-021-022-000	Soriano, Armando	\$5,800.00
46	110-071-037-000	York, Tommy A & Pauline N	\$5,600.00
47	110-071-038-000	York, Tommy A & Pauline N	\$4,800.00
48	110-081-031-000	Allen, Susan	\$4,700.00
49	110-091-024-000	Weaver, Renee M	\$4,400.00
50	110-121-014-000	Sedique, Ajmal / Salhi, Maryam / Sedique, Wahid	\$6,000.00
51	110-121-022-000	Senecal, Karen M	\$5,400.00
52	110-131-026-000	Moody, Sandra	\$5,700.00
53	110-131-043-000	Chu, Danny & Samantha C	\$5,500.00
54	110-131-046-000	Jom, Hosam J	\$5,200.00
55	110-141-030-000	Weaver, Renee M	\$4,500.00
56	110-151-011-000	Hakimzadeh, Debora	\$4,700.00
57	110-181-007-000	Chamber, Christopher	\$5,800.00
58	110-191-048-000	Perez, Jose L	\$5,900.00
59	110-191-050-000	Fraijo IV, Gregory	\$7,500.00
60	110-201-019-000	Johnson, Jack	\$5,500.00
61	110-201-021-000	Holub, Suzanne L	\$5,200.00
62	110-211-041-000	Ford, Ernest E & Margueriette M	\$4,900.00
63	110-211-046-000	Weaver, Renee M	\$4,500.00
64	110-251-043-000	Finance All LLC	\$4,900.00
65	110-291-026-000	Balao Jr, Carlos P & Barin-Balao Marylou	\$5,100.00
66	110-291-030-000	Goehring, Dennis	\$4,500.00
67	110-301-042-000	Dyer, Richard K	\$4,800.00
68	111-022-004-000	York, Tommy A & Pauline	\$12,900.00
69	111-022-032-000	York, Tommy A & Pauline	\$36,700.00
70	111-031-021-000	Dervin, Kathleen A	\$3,300.00
71	111-071-039-000	Lai, Richard & Antony	\$5,900.00

ITEM NO.	ASSESSOR'S ASSESSMENT NO.	ASSESSEE'S NAME	MINIMUM BID
72	111-081-010-000	Comparetto, Juan R & Maia E	\$7,000.00
73	111-111-058-000	Schafer, Frederick C	\$6,200.00
74	111-142-001-000	Livin The Cove LLC	\$17,700.00
75	111-142-002-000	Livin The Cove LLC	\$16,400.00
76	111-142-003-000	Livin The Cove LLC	\$18,400.00
77	111-151-024-000	Barbati, Carmine J	\$51,700.00
78	111-152-013-000	Inea, Laurie	\$5,600.00
79	111-202-008-000	Sorenson, Michael C	\$26,600.00
80	111-211-041-000	Entezari, Elie	\$7,200.00
81	111-241-030-000	Anber, Khaled	\$13,800.00
82	202-142-010-000	Freeman, Allan T	\$10,900.00
83	203-302-026-000	Tiner, Ken J & Preece, Elizabeth I	\$20,800.00
84	211-363-008-000	Salmon Creek Resources Inc	\$5,700.00
85	216-261-057-000	Wyatt, Dale L	\$70,300.00
86	217-241-003-000	Silva Jr, George F	\$8,700.00
87	217-242-003-000	Silva Jr, George F	\$2,300.00
88	217-246-002-000	Silva Jr, George F	\$8,600.00
89	218-091-001-000	Morse III, Charles F	\$22,700.00
90	316-191-016-000	Wenstrom, Cassady A	\$28,400.00
91	505-284-005-000	Slater, Karen	\$7,500.00
92	505-284-008-000	Kowan, Matthew & Roxanna	\$20,500.00
93	509-076-001-000	Humphrey, Kenneth W & Anetta D	\$3,800.00
94	509-112-014-000	Rhodes, Joseph L & Julie A	\$26,400.00
95	509-162-022-000	Phillips, Melissa E	\$1,900.00

I certify or (declare), under penalty of perjury, that the foregoing is true and correct.


John Bartholomew
Humboldt County Tax Collector

Executed at Eureka, Humboldt County, California, on January 15th, 2014.
Published in the North Coast Journal on January 23rd, January 30st, and February 6th, 2014.

1/23, 1/30, 2/6/14 (14-21)

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NOTICE OF PETITION TO ADMINISTER ESTATE OF CAROL JEANNE HELARD, AKA CAROL J. HELARD, AKA CAROL HELARD CASE NO. PR140009

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of CAROL JEANNE HELARD, aka CAROL J. HELARD, aka CAROL HELARD A PETITION FOR PROBATE has been filed by TRACY HELARD-SHUMARD in the Superior Court of California, County of Humboldt.

THE PETITION FOR PROBATE requests that TRACY HELARD-SHUMARD be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 6, 2014 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 8.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person

interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
JASON M. GARLICK, SBN: 193725
1805 CENTRAL AVE.
MCKINLEYVILLE, CA. 95519
(707) 840-0909
January 09, 2014
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/16, 1/23, 1/30/2014 (14-15)

NOTICE OF PETITION TO ADMINISTER ESTATE OF FRANCES SUE CARDOZA CASE NO. PR130365

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of FRANCES SUE CARDOZA

A PETITION FOR PROBATE has been filed by LARRY CARDOZA in the Superior Court of California, County of Humboldt.

THE PETITION FOR PROBATE requests that LARRY CARDOZA be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without

obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 24, 2014 at 8:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 2.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date

of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
STEPHEN G. WATSON, SBN: 112171
LAW OFFICE OF W.G. WATSON, JR.
715 I STREET
EUREKA, CA. 95501
(707) 444-3071
January 06, 2014
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/9, 1/16, 1/23/2014 (14-09)

APPLICATION AND ORDER FOR REISSUANCE OF REQUEST FOR ORDER DOROTHY TAGGART FL070248

PETITIONER: JENNA WEBB
RESPONDENT/ DEFENDANT:
REUBEN PEREZ
OTHER PARENT/ PARTY: DOROTHY TAGGART

Name of Applicant JENNA WEBB
Application requests to court to reissue the Request for Order

The order were originally issues on 9/3/2012

The last hearing date was 12/30/2013

Number of times the order have been reissued Three (3)

Applicant requests reissuance of the order because Other Party DOROTHY TAGGART could not be served as required before the hearing date

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct

Dated 12/20/2013

/s/ JENNA WEBB.

IT IS ORDERED that the Request for order and THE HEARING is reset as followed:

Date: February 24, 2014,

Time: 1:30 p.m, Dept. six (6) at the Superior Court of California, County of Humboldt 825 Fifth Street, Eureka, California 95501

All orders will end on the date and time shown above unless the court extends the time.

Date: December 30, 2013

/s/ Joyce D. Hinrichs
Judicial Officer

1/23, 1/30, 2/6, 2/13/2014 (14-18)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME JAMES K. LOUIE CASE NO. CV140022 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH STREET EUREKA, CA 95501

PETITION OF: JAMES K. LOUIE
TO ALL INTERESTED PERSONS:
Petitioner: JAMES K. LOUIE
For a decree changing names as follows:

Present name LOUIE C. KOWK YU
TO Proposed Name JAMES KOWK YU LOUIE

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING

Date: March 11, 2014

Time: 1:45 p.m., Dept. 8

Superior Court of California,

County of Humboldt

825 Fifth Street

Eureka, CA. 95501

Date: January 13, 2014

Filed: January 14, 2014

/s/ W. Bruce Watson

Judge of the Superior Court

1/23, 1/30, 2/6, 2/13/2014 (14-20)

Notice of Availability Final Environmental Assessment and Finding of No Significant Impact (FONSI) Wastewater Treatment Plant Flood Protection Project FEMA-1884-DR-CA HMPG 1884-05-05

The City of Fortuna, Humboldt County, California has applied through the Governor's Office of Emergency Services (Cal OES) to the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) for federal assistance in making improvements to the existing wastewater treatment plant (WWTP) to protect the City's wastewater system during flood events. FEMA would provide financial assistance to the City through Cal OES under FEMA's Hazard Mitigation Grant Program (HMGP).

Improvements to the existing facility are proposed that would eliminate the possibility of effluent spilling into Strongs Creek. In addition, the improvements would protect the WWTP from flooding, damage to buildings and their contents, disruption of services, and

threats to health and safety.

FEMA has prepared a Final Environmental Assessment (FEA) in compliance with the National Environmental Policy Act, as amended, FEMA regulations 44 CFR Part 10, Environmental Considerations, and other applicable implementing regulations. A Draft EA was released for public comment on December 12, 2013. No public comments were received by the close of the public comment period December 27, 2013.

Therefore, FEMA has issued A Finding of No Significant Impact (FONSI). This notice also serves as the Final Public Notice pursuant to Executive Order 11988, Floodplain Management. The FEA and FONSI are available for public review and comment on FEMA's Resource and Document website: <http://www.fema.gov/media-library/assets/documents/89788> and at the City of Fortuna City Hall, 621 11th Street, Fortuna, CA 95540.

FEMA will take no final action on the proposed project until 15 days after the date of publication of this notice. Questions regarding the FEA and FONSI can be made to the FEMA Region IX Office of Environmental Planning and Historic Preservation at (510) 627-7027 or FEMA-RIX-EHP-Documents@fema.dhs.gov.

1/23/2014 (14-28)

FICTITIOUS BUSINESS NAME STATEMENT R-14-00025

The following persons are doing Business as **CANNATOOLZ** at 125 Kingston Rd., McKinleyville, CA. 95519, **CANNATOOLZ.COM** at 125 Kingston Rd., McKinleyville, CA. 95519

Tyler Roberts
125 Kinston Rd.
McKinleyville, CA. 95519

The business is conducted by an Individual

The date registrant commenced to transact business under the fictitious business name or name listed above on 1/9/14

I declare the all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).

/s/ Tyler Roberts

This statement was filed with the County Clerk of Humboldt County on Jan. 09, 2014

CAROLYN CRNICH
Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-16)

FICTITIOUS BUSINESS NAME STATEMENT 13-00664

The following person is doing Business as **HUE SOUTHEAST ASIAN CUISINE** at 1039 4th St. Eureka, CA. 95501

Viengkeo Rattanavong
2966 Pigeon Pt.
Eureka, CA. 95503

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name or name listed above on n/a

I declare the all information in this statement is true and correct (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

/s/ Viengkeo Rattanavong

This statement was filed with the County Clerk of Humboldt County on Dec. 10, 2013

CAROLYN CRNICH
Humboldt County Clerk

1/9, 1/16, 1/23, 1/30/2014 (14-10)

FICTITIOUS BUSINESS NAME STATEMENT 13-00686

The following person is doing Business as **THE STORK'S NEST** at 1545 City Center Rd., McKinleyville, CA. 95519

Jamie Sutter
2585 Imeson Ct.
McKinleyville, CA. 95519

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on 1/02/2013

/s/ Jamie Sutter

This statement was filed with the County Clerk of Humboldt County on Dec. 19, 2013

CAROLYN CRNICH
Humboldt County Clerk

1/2, 1/9, 1/16, 1/23/2014 (14-02)

FICTITIOUS BUSINESS NAME STATEMENT 13-00697

The following person is doing Business as **TRILLIUM MESSAGE** at 645 Elizabeth Dr., Arcata, CA. 95521

Trillium Smith
645 Elizabeth Dr.
Arcata, CA. 95521

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on 1/02/2014

/s/ Trillium Smith

This statement was filed with the County Clerk of Humboldt County on Dec. 24, 2013

CAROLYN CRNICH
Humboldt County Clerk

1/9, 1/16, 1/23, 1/30/2014 (14-04)



**LEGAL NOTICES
CONTINUED ON NEXT PAGE**

Continued from previous page.

FICTITIOUS BUSINESS NAME STATEMENT 14-00003

The following person is doing Business as **OPEN LOTUS LOVE HERBALS** at 2978 Janes Creek Dr., Arcata, CA. 95521
Michelle Lynn Mayo
2978 Janes Creek Dr.
Arcata, CA. 95521
 The business is conducted by An Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Michelle Mayo
 This statement was filed with the County Clerk of Humboldt County on Jan. 02, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-11)

FICTITIOUS BUSINESS NAME STATEMENT R-14-00019

The following persons are doing Business as **HUMBOLDT CIDER COMPANY** at 3750 Harris Street., Eureka, CA. 95503
C. Ashdon Cider, Inc.
3750 Harris Street
Eureka, CA. 95503
 The business is conducted by a Corporation
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ C. Ashdon Cider, Inc. Michelle Morales, CFO/Secretary
 This statement was filed with the County Clerk of Humboldt County on Jan. 08, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-13)

FICTITIOUS BUSINESS NAME STATEMENT 14-00023

The following persons are doing Business as **CAFE BRIO** at 791 G St., Arcata, CA. 95521
Brio Baking Inc.
791 G St.
Arcata, CA. 95521
 The business is conducted by a Corporation
 The date registrant commenced to

transact business under the fictitious business name or name listed above on 01/01/2014
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Brio Baking Inc, Serge Scherbatskoy, President
 This statement was filed with the County Clerk of Humboldt County on Jan. 09, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-23)

FICTITIOUS BUSINESS NAME STATEMENT R-14-00009

The following person is doing Business as **JUST IN TIME WHOLESALE PROPERTIES** at 440 Cooskey Ridge Rd., Petrolia, CA. 95558, 728 4th St. #x, Eureka, CA. 95501
David Lee Minton
440 Cooskey Ridge Road
Petrolia, CA. 95558
 The business is conducted by An Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ David Lee Minton
 This statement was filed with the County Clerk of Humboldt County on Jan. 3, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/9, 1/16, 1/23, 1/30/2014 (14-07)

FICTITIOUS BUSINESS NAME STATEMENT 14-00024

The following persons are doing Business as **BRIO BREADWORKS** at 1309 11th St., Arcata, CA. 95521
Brio Baking Inc.
791 G St.
Arcata, CA. 95521
 The business is conducted by a Corporation
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars

(\$1,000)).
 /s/ Brio Baking Inc, Serge Scherbatskoy, President
 This statement was filed with the County Clerk of Humboldt County on Jan. 09, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-24)

FICTITIOUS BUSINESS NAME STATEMENT 14-00048

The following person is doing Business as **BIGFISH VAPOR LAB** at 774 9th. St., Arcata, CA. 95521
Swale Meaudine
41 Nelson Rd.
Hayfork, CA. 96041
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Katie Jean Edgmon, Owner
 This statement was filed with the County Clerk of Humboldt County on Jan. 17, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-27)

FICTITIOUS BUSINESS NAME STATEMENT 14-00041

The following person is doing Business as **THREE PIECE SUIT GRAPHIC DESIGN** at 1965 Wavcrest Ave., McKinleyville, CA. 95519
Isaac Vidura Runyan
1965 Wavcrest Ave.
McKinleyville, CA. 95519
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Isaac Vidura Runyan
 This statement was filed with the County Clerk of Humboldt County on Jan. 15, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-25)



FICTITIOUS BUSINESS NAME STATEMENT 14-00045

The following person is doing Business as **HUMBOLDT GRUB RUB** at 2275 School St., Fortuna, CA. 95540, P O Box 571, Fortuna, CA. 95540
Katie Jean Edgmon
2275 School St.
Fortuna, CA. 95540
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Katie Jean Edgmon, Owner
 This statement was filed with the County Clerk of Humboldt County on Jan. 16, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-26)

FICTITIOUS BUSINESS NAME STATEMENT R-14-00018

The following persons are doing Business as **CUSTOM CRAB POTTS** at 601 Bay St., Eureka, CA. 95501
Griggs & Associates, Inc.
601 Bay St.
Eureka, CA. 95501
 The business is conducted by a Corporation
 The date registrant commenced to transact business under the fictitious business name or name listed above in 1998
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Elona Griggs, CFO
 This statement was filed with the County Clerk of Humboldt County on Jan. 08, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-02)

FICTITIOUS BUSINESS NAME STATEMENT 14-00022

The following person is doing Business as **HUMBOLDT HOUSE LODGE** at 4041 F Street, Eureka, CA. 95503
Susan Powell
4041 F St.
Eureka, CA. 95503
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Susan Powell, Administrator
 This statement was filed with the County Clerk of Humboldt County on Jan. 09, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-17)

FICTITIOUS BUSINESS NAME STATEMENT R-14-00021

The following persons are doing Business as **DICK TAYLOR CRAFT CHOCOLATE** at 5301 Boyd Rd., Arcata, CA. 95521
Dick Taylor, Inc.
5301 Boyd Rd.
Arcata, CA. 95521
 The business is conducted by a Corporation
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Dustin Taylor, President
 This statement was filed with the County Clerk of Humboldt County on Jan. 09, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/16, 1/23, 1/30, 2/6/2014 (14-18)

FICTITIOUS BUSINESS NAME STATEMENT 14-00040

The following person is doing Business as **RN. M MARKETING** at 1338 Muncie St., Eureka, CA. 95503
Natalie Rist
1338 Muncie St.
Eureka, CA. 95503
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Natalie Rist, President
 This statement was filed with the County Clerk of Humboldt County on Jan. 15, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-22)

FICTITIOUS BUSINESS NAME STATEMENT 14-00036

The following person is doing Business as **HUMBOLDT BUSINESS DEVELOPMENT** at 509 J Street, Suite 9, Eureka, CA. 95501
Ronald Glenn Gilliland
1275 Fox Creek Rd.
PO Box 238
Carlotta, CA. 95528-0328
 The business is conducted by an Individual
 The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
 I declare the all information in this statement is true and correct.
 (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)).
 /s/ Ronald G. Gilliland
 This statement was filed with the County Clerk of Humboldt County on Jan. 14, 2014
 CAROLYN CRNICH
 Humboldt County Clerk

1/23, 1/30, 2/6, 2/13/2014 (14-19)

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Final filing date: February 5, 2014.

For application come to County Human Resources,
825 Fifth St., Room 100, Eureka.
24 hr. jobline: (707) 476-2357. AA/EOE.



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1 F/T Eureka

DENTAL BILLER

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Job descriptions and application procedure for the physician positions can be found on each agency's website.

For HSRC it is: www.humsenior.org.

For Hospice it is: www.hospiceofhumboldt.org.

Contact HSRC HR Director,
Nancy Corral (707) 443-9747 Ext. 1257 or
Hospice HR Director, Christy Burton (707) 445-8443.



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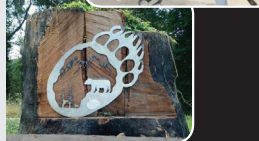
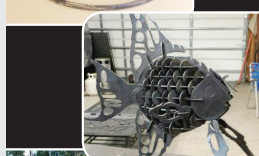
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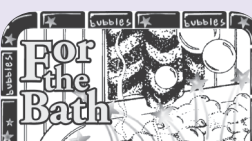
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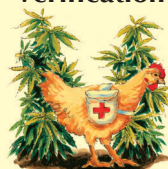
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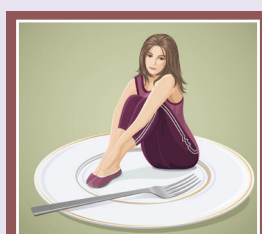
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Opening soon available for HUD Sec. 8 Waiting Lists for 2, 3 & 4 bedrm Apts.

Annual Income Limits:

1 pers. \$20,100; 2 pers. \$22,950;
3 pers. \$25,800; 4 pers. \$28,650;
5 pers. \$30,950; 6 pers. \$33,250;
7 pers. \$35,550; 8 pers. \$37,850.

EHO. Hearing impaired: TDD Ph# 1-800-735-2922. Apply at Office:

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(707) 822-4104

8am-12pm & 1-4pm, M-F

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1140 E ST.

Studio, laundry, Sec 8, cat OK, OSRM. Rent \$515. Vac Now.

Rental Hotline (707) 444-9197

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1146 GASSOWAY, MCK.

2/1 Upper Apt, laundry, carport, small pets, Rent \$765 Vac Now.

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1236 L ST #D, ARCATA.

2/1 Upper Apt near HSU, Laundry, Cat OK, sec Rent \$750 Vac 2/1.

www.ppmrentals.com. Rental

Hotline (707) 444-9197 (R-0123)

Houses for Rent

2220 WISTERIA WAY, ARCATA.

3/1 Central Home, Off street parking, fenced yard, Rent \$1250

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(R-0123)

3121 MATTHEW LN, FORTUNA.

3/1 House, Garage, Pet OK, Yard w/deck. Rent \$1125 Vac Now.

www.ppmrentals.com Rental

Hotline (707) 444-9197. (R-0123)

QUIET cul-de-sac location



3 bedroom, 2 bath freshly painted on the interior, new wall to wall carpets and refinished parquet flooring in the kitchen and dining area. Beautiful brick hearth with fireplace in the living area and updated plumbing in the kitchen and bathroom. \$220,000



KAREN ORSOLICS

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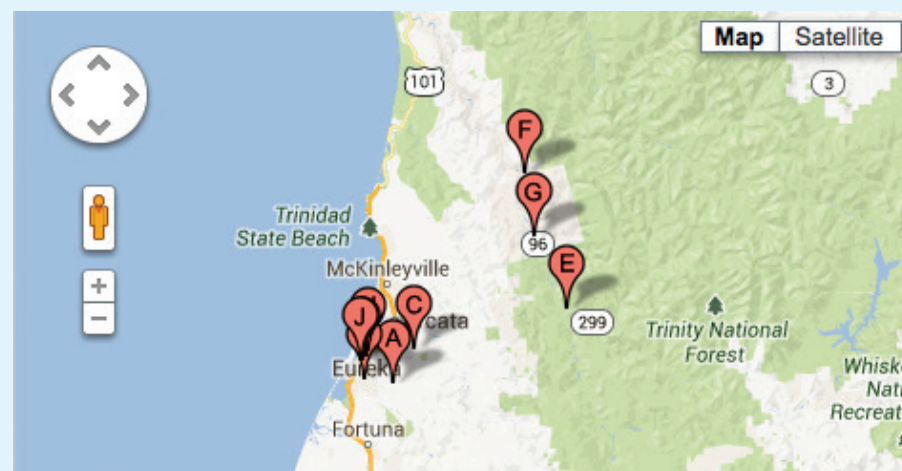
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\$290,000

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\$268,500

3 bed, 2 bath, 1,660 sq ft Eureka home, large living room w/fireplace, hardwood floors, laundry room, deep lot w/ attached single garage & separate 864 sq ft detached 4 car garage w/shop.



\$262,000

3 bed, 1.5 bath terrific Eureka home close to the hospital, gorgeous fireplace w/wood stove insert in living room & another in dining room, parquet flooring, bonus room, great covered back patio.



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Charlie Tripodi
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707.834.3241

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\$530,000



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